

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
				Bacon Cheeseburger Seasoned Corn	Buffalo Chicken Sandwich Garlic Green Beans
5	6	7	8	9	
Grilled Cheese V BBQ Vegetarian Beans	Meatball Sub w/Garden Marinara	Chicken Tenders** Seasoned Corn	French Toast V Sausage Tri- Tater (1)	Parmesan Chicken Sandwich	
12	13	14	15	16	
Chicken Nuggets** Seasoned Green Beans	Bacon Cheeseburger Tri-Tater (1)	Cheese Quesadilla V Black Beans Seasoned Corn	Hot Turkey & Cheese Sandwich	Jumbo Hot Dog BBQ Vegetarian Beans	
19	20	21	22	23	
Chicken Fajita Black Beans Seasoned Corn	Chicken Tenders** Seasoned Green Beans	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	
26	27	28	29	30	
Maple Waffles V Sausage Tri- Taters	Western Burger BBQ Vegetarian Beans	Stuffed Pizza Sticks V w/Garden Marinara	Mini Corn Dogs Seasoned Corn	Pizza Burger Garlic Green Beans	
Fresh Fruit & Veggie Bar available daily with all lunches					
Crispy or Spicy Chicken Sandwich Grilled Cheeseburgers Nacho Supreme with zesty salsa and jalapeños					
Pizza Options	Pepperoni Pizza	Stuffed Crust Cheese Pizza V	Sausage Pizza	Cheesy Garlic Flatbread V	Cheese Pizza V
Fresh Deli	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich V
Fresh Salads	Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V
	V=Vegetarian option available **Served with a roll *Contains or may contain pork ingredients.				
	Menu changes are occasionally necessary. Notice will be given when possible.				



Maercker Lunch Menu NOVEMBER 2018

**Lunch
\$3.00**

**Milk
\$.30**

Arbor A+ Nutrition Mission To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

-Arbor Management-

Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!

**Questions about the menu?
Sarah Miller**

Email: smiller@maercker.org
Phone : (630) 515-4895

Comprehensive nutrition & allergy guides are available in the Foodservice Office.