

	Monday	Tuesday	Wednesday	Thursday	Friday
3		4	5	6	7
	Bacon Cheeseburger BBQ Vegetarian Beans	Chicken Nuggets**	Orange Chicken** Tri-Tater (1)	Mini Corn Dogs Seasoned Corn	Meatball Sub Garlic Green Beans
10		11	12 <b>Holiday Lunch</b>	13	14
	Cheese Quesadilla V Black Beans	Western Burger BBQ Vegetarian Beans	Roasted Turkey** w/Gravy Mashed Potatoes Seasoned Green Beans Cinnamon Applesauce Gingerbread Cookie	Maple Madness Pancakes V Sausage Tri-Tater (1)	BBQ Teriyaki Chicken Sandwich
17		18	19	20	21
	General Tso's Chicken**	Pizza Burger Tri-Tater (1)	Stuffed Pizza Sticks V w/Marinara	Baked Rotini Pasta in Meat Sauce	Jumbo Hot Dog BBQ Vegetarian Beans
24		25	26	27	28
	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL
31					
	WINTER BREAK NO SCHOOL				
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>					
Crispy or Spicy Chicken Sandwich Grilled Cheeseburgers Nacho Supreme with zesty salsa and jalapeños					
	Pepperoni Pizza	Stuffed Crust Cheese Pizza V	Sausage Pizza	Cheesy Garlic Flatbread V	Cheese Pizza V
	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich 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	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.					
This institution is an equal opportunity employer.					

Daily Special  
 Includes fruit and vegetable choices, whole grains  
 breads and rolls and milk

Daily Choices  
 Daily Pizza  
 Fresh Deli  
 Fresh Salads



## Maercker Lunch Menu DECEMBER 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](mailto:smiller@maercker.org)  
 Phone : (630) 515-4895

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