



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL
7	8	9	10	11
Walking Taco w/Scoops Black Beans	Bacon Cheeseburger BBQ Vegetarian Beans	Grilled Cheese V Tri-Tater (1)	Mini Corn Dogs Seasoned Corn	BBQ Teriyaki Chicken Sandwich
14	15	16	17	18
General Tso's Chicken**	Meatball Sub Garlic Green Beans	Turkey Sub w/Lettuce & Tomato Mashed Potatoes	French Toast V Sausage Tri-Tater (1)	Cheesy Hot Dog BBQ Vegetarian Beans
21	22	23	24	25
M.L. KING DAY NO SCHOOL	Stuffed Pizza Sticks V	Orange Chicken** Tri-Tater (1)	Baked Rotini Pasta in Meat Sauce	Sriracha Chicken Sandwich Garlic Green Beans
28	29	30	31	
INSTITUTE DAY NO SCHOOL	General Tso's Chicken**	Grilled Cheese V BBQ Vegetarian Beans	Three Cheese Enchilada V Black Beans	

### Fresh Fruit & Veggie Bar available daily with all lunches

Crispy or Spicy Chicken Sandwich  
Grilled Cheeseburgers  
Nacho Supreme with zesty salsa and jalapeños

Daily Pizza Options

Pepperoni Pizza	Stuffed Crust Cheese Pizza V	Sausage Pizza	Cheesy Garlic Flatbread V	Cheese Pizza V
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Fresh Deli

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
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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
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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.



## Maercker Lunch Menu JANUARY 2019

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.