



arbor Management Inc.



November 2017

El Paso-Gridley Junior High School Lunch Menu



Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

~Arbor Management~

Make Choices for a Healthy Lifestyle!

Questions about the menu?

Jill Layden  
Food Service Manager  
309-527-4289

Comprehensive nutrition & allergy guides are available.

This menu follows USDA National School Lunch Program guidelines. This institution is an equal opportunity provider & employer.

Lunch \$2.50 Milk 30¢

|                          | Monday   | Tuesday | Wednesday<br>November 1          | Thursday<br>November 2            | Friday<br>November 3   |
|--------------------------|--|---------|----------------------------------|-----------------------------------|--|
| Daily Special            |  |         | Fiesta Nacho Supreme             | Cheese Quesadilla V               | <b>FIESTA FRIDAY</b><br>Taco Salad w/Southwestern Ranch Dressing |
| Hot Sandwiches and More  |  |         | Tasty Tacos                      | *Bacon Cheeseburger               | Walking Taco   |
|                          |  |         | Crispy Chicken Sandwich          | Mini Corn Dogs                    | Grilled Chicken Sandwich   |
| Pizzas                   |  |         | Cheese Pizza V                   | *Sausage                          | Cheese V   |
|                          |  |         | Pepperoni                        | Cheese V                          | Pepperoni  |
| Hot and Fresh Vegetables |  |         | Glazed Carrots<br>Broccoli w/Dip | Baked Potato Puffs<br>Green Beans | Broccoli<br>Refried Beans  |
| Fruit                    | Fresh and canned fruit variety daily.<br>Selection can include apples, oranges, blueberries, melon, bananas, pears, etc. |         |                                  |                                   |  |
| Grab 'N Go               |  |         | Crispy Chicken Wrap              | Garden Chef Salad                 | Buffalo Chicken Salad  |
|                          |  |         | Turkey & Cheese Sub              | Buffalo Chicken Wrap              | Ham & Cheese Sub   |

**DAILY**

AVAILABLE DAILY  
JUICY BURGERS  
PIZZA SELECTION  
CHICKEN SANDWICHES  
FRESH SALADS  
SUB SANDWICHES  
WRAPS

Fruit & Veggie Bar  
Students may choose  
2 Fruit &  
4 Vegetable Servings



featuring...

**Sweet Potato**

Sweet Potatoes are high in Vitamin C.  
Did you know that Vitamin C helps our body absorb iron?

V=vegetarian option available  
\*Contains or may contain pork ingredients.  
\*\*Roll w/Entree



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|                                 | Monday<br>November 6   | Tuesday<br>November 7              | Wednesday<br>November 8 | Thursday<br>November 9   | Friday<br>November 10                           |
|---------------------------------|--|------------------------------------|-------------------------|--------------------------|---|
| <b>Daily Special</b>            | Fiesta Nacho Supreme   | Freshly Made Buffalo Chicken Pizza | Pony Shoe               | *Bacon Cheeseburger      | <b>FIESTA FRIDAY</b><br>Freshly Made Taco Pizza |
| <b>Hot Sandwiches and More</b>  | Chili Cheese Fries   | Mini Corn Dogs                     | *BBQ Rib Sandwich       | "Double Dog" Chili Dog   | Chicken Fajita                                  |
|                                 | Hot Dog  | Crispy Chicken Sandwich            | Western Cheeseburger    | Grilled Chicken Sandwich | Fiesta Nacho Supreme                            |
| <b>Pizzas</b>                   | Pepperoni  | Cheese Pizza ✓                     | Pepperoni               | Cheese Pizza ✓           | Cheese Pizza ✓                                  |
|                                 | Cheese Pizza ✓   | *Sausage                           | Cheese Pizza ✓          | Pepperoni Pizza          | *Sausage  |
| <b>Hot and Fresh Vegetables</b> | Refried Beans  | Glazed Carrots                     | Steamed Broccoli        | Oven Fries               | Broccoli Buds w/Dip                             |
|                                 | Green Beans  | Garbanzo Beans                     | Corn                    | Baby Carrots w/Dip       | Refried Beans                                   |
| <b>Fruit</b>                    | Fresh and canned fruit variety daily.<br>Selection can include apples, oranges, blueberries, melon, bananas, pears, etc. |                                    |                         |                          |   |
| <b>Grab 'N Go</b>               | Turkey & Cheese Sub  | Ham & Cheese Pinwheel              | Crispy Chicken Wrap     | Chef Salad               | Buffalo Chicken Salad                           |
|                                 | Buffalo Chicken Salad  | Chicken Ranch Wrap                 | Turkey & Cheese Sub     | Buffalo Chicken Wrap     | Turkey & Cheese Sub                             |

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|                                 | Monday<br>November 13  | Tuesday<br>November 14                  | Wednesday<br>November 15            | Thursday<br>November 16             | Friday<br>November 17  |
|---------------------------------|--|---|-------------------------------------|-------------------------------------|--|
| <b>Daily Special</b>            | Mini Corn Dogs   | Freshly Made<br>*Pepperoni Pizza        | **Chicken<br>Nuggets                | Fiesta Nacho<br>Supreme             | <b>FIESTA FRIDAY</b><br><br>Taco Salad<br>w/Southwestern<br>Ranch Dressing |
| <b>Hot Sandwiches and More</b>  | Crispy Chicken Sandwich  | Grilled Cheese V                        | Tasty Tacos                         | **Chicken Strips & Waffle           | Chicken Strips w/Southwest Ranch   |
|                                 | Cheeseburger   | Mini Corn Dogs                          | Grilled Chicken                     | Crispy Chicken Sandwich             | *Bacon Cheeseburger  |
| <b>Pizzas</b>                   | Cheese V   | *Sausage                                | Cheese Pizza V                      | *Sausage                            | Cheese V   |
|                                 | Pepperoni  | Cheese V                                | Pepperoni                           | Cheese V                            | Pepperoni  |
| <b>Hot and Fresh Vegetables</b> | Carrots w/Dip<br><br>Green Beans   | Romaine Salad<br><br>Baby Carrots w/Dip | Mashed Potatoes w/Gravy<br><br>Corn | Steamed Broccoli<br><br>Baked Beans | Glazed Carrots<br><br>Romaine Salad  |
| <b>Fruit</b>                    | Fresh and canned fruit variety daily.<br>Selection can include apples, oranges, blueberries, melon, bananas, pears, etc. |   |                                     |                                     |  |
| <b>Grab 'N Go</b>               | Turkey & *Bacon Wrap   | Buffalo Chicken Wrap                    | Crispy Chicken Salad                | Turkey & *Bacon Wrap                | Chef Salad   |
|                                 | Chef Salad   | Ham & Cheese Sub                        | Chicken Ranch Wrap                  | Buffalo Chicken Salad               | Turkey & Cheese Sub  |

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PIZZA SELECTION  
CHICKEN SANDWICHES  
FRESH SALADS  
SUB SANDWICHES  
WRAPS

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Students may choose  
2 Fruit &  
4 Vegetable Servings



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|                          | Monday<br>November 20  | Tuesday<br>November 21              | Wednesday<br>November 22         | Thursday<br>November 23 | Friday<br>November 24 | DAILY   |
|--------------------------|--|-------------------------------------|----------------------------------|-------------------------|-----------------------|---|
| Daily Special            | *Bacon Cheeseburger  | Freshly Made Italian *Sausage Pizza | Fiesta Nacho Supreme             | NO SCHOOL               | NO SCHOOL             | <u>AVAILABLE DAILY</u><br>JUICY BURGERS<br>PIZZA SELECTION<br>CHICKEN SANDWICHES<br>FRESH SALADS<br>SUB SANDWICHES<br>WRAPS<br><br><u>Fruit &amp; Veggie Bar</u><br>Students may choose<br>2 Fruit &<br>4 Vegetable Servings  |
| Hot Sandwiches and More  | Chicken Melt   | Grilled Chicken                     | Tasty Tacos                      |                         |                       | <br>featuring...<br><br><b>Sweet Potato</b><br><br>Sweet Potatoes are high in Vitamin C.<br>Did you know that Vitamin C helps our body absorb iron?<br><br>V=vegetarian option available<br>*Contains or may contain pork ingredients.<br>**Roll w/Entree |
|                          | *BBQ Rib Sandwich  | Cheeseburger                        | Crispy Chicken Sandwich          |                         |                       |   |
| Pizzas                   | Cheese V   | *Sausage                            | Cheese Pizza V                   |                         |                       |   |
|                          | Pepperoni  | Cheese V                            | Pepperoni                        |                         |                       |   |
| Hot and Fresh Vegetables | Tangy Baked Beans<br>Baby Carrots  | Romaine Salad<br>Corn               | Glazed Carrots<br>Broccoli w/Dip |                         |                       |   |
| Fruit                    | Fresh and canned fruit variety daily.<br>Selection can include apples, oranges, blueberries, melon, bananas, pears, etc. |                                     |                                  |                         |                       |   |
| Grab 'N Go               | Turkey & *Bacon Wrap   | Ham & Cheese Pinwheel               | Crispy Chicken Wrap              |                         |                       |   |
|                          | Crispy Chicken Wrap  | Buffalo Chicken Salad               | Turkey & Cheese Sub              |                         |                       |   |

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|                          | Monday<br>November 27  | Tuesday<br>November 28             | Wednesday<br>November 29             | Thursday<br>November 30               | Friday |
|--------------------------|--|------------------------------------|--------------------------------------|---------------------------------------|--------|
| Daily Special            | *BBQ Rib Sandwich  | Freshly Made Buffalo Chicken Pizza | Fiesta Nacho Supreme                 | Cheese Quesadilla V                   |        |
| Hot Sandwiches and More  | Cheeseburger   | Mini Corn Dogs                     | Tasty Tacos                          | *Bacon Cheeseburger                   |        |
|                          | Crispy Chicken Sandwich  | Fiesta Nacho Supreme               | Grilled Chicken Sandwich             | Mini Corn Dogs                        |        |
| Pizzas                   | Cheese V   | *Sausage                           | Cheese Pizza V                       | *Sausage                              |        |
|                          | Pepperoni  | Cheese V                           | Pepperoni                            | Cheese V                              |        |
| Hot and Fresh Vegetables | Carrots w/Dip<br><br>Green Beans   | Romaine Salad<br><br>Broccoli      | Glazed Carrots<br><br>Broccoli w/Dip | Baked Potato Puffs<br><br>Green Beans |        |
| Fruit                    | Fresh and canned fruit variety daily.<br>Selection can include apples, oranges, blueberries, melon, bananas, pears, etc. |                                    |                                      |                                       |        |
| Grab 'N Go               | Turkey & *Bacon Wrap   | Buffalo Chicken Wrap               | Crispy Chicken Wrap                  | Chef Salad                            |        |
|                          | Chef Salad   | Ham & Cheese Sub                   | Turkey & Cheese Sub                  | Buffalo Chicken Wrap                  |        |

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