



arbor Management Inc.



December 2017

El Paso-Gridley 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	Thursday	Friday December 1	DAILY
Daily Special					FIESTA FRIDAY Taco Salad w/Southwestern Ranch Dressing Christmas Movie Trivia	<u>AVAILABLE DAILY</u> JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS <u>Fruit & Veggie Bar</u> Students may choose 2 Fruit and 4 Vegetable Servings
Hot Sandwiches and More					Walking Taco	 <p>featuring...</p>  <h2>Squash</h2> <p>Squash contains healthy fats Omega-3 and Omega-6 that your brain and nerves need to talk to your body.</p> <p>V=vegetarian option available *Contains or may contain pork ingredients. **Roll w/Entree</p>
					Chipotle Cheeseburger	
Pizzas					Cheese V	
					Pepperoni	
Hot and Fresh Vegetables					Broccoli	
					Refried Beans	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go					Buffalo Chicken Salad**	
					Turkey & Cheese Sub	



Menu changes may be necessary. Notice will be given when possible.



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	Monday December 4	Tuesday December 5	Wednesday December 6	Thursday December 7	Friday December 8
Daily Special	Fiesta Nacho Supreme	Freshly Made Buffalo Chicken Pizza	Pony Shoe	Meatball Sub	FIESTA FRIDAY Freshly Made Taco Pizza Christmas Song Trivia
Hot Sandwiches and More	Chili Cheese Fries	Mini Corn Dogs	*BBQ Rib Sandwich	"Double Dog" Chili Dog	Chicken Fajita
	Pepper Jack Cheeseburger	Crispy Chicken Sandwich	Western Cheeseburger	Grilled Chicken Sandwich	Fiesta Nacho Supreme
Pizzas	Pepperoni	Cheese Pizza ✓	Pepperoni	Cheese Pizza ✓	Cheese Pizza ✓
	Cheese Pizza ✓	*Sausage	Cheese Pizza ✓	Pepperoni Pizza	*Sausage
Hot and Fresh Vegetables	Refried Beans	Glazed Carrots	Steamed Broccoli	Oven Fries	Broccoli Buds w/Dip
	Green Beans	Garbanzo Beans	Corn	Baby Carrots w/Dip	Refried Beans
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Buffalo Chicken Wrap	Ham & Cheese Pinwheel	Crispy Chicken Wrap	Chef Salad **	Buffalo Chicken Salad**
	Chef Salad**	Buffalo Chicken Salad	Turkey & Cheese Sub	Buffalo Chicken Wrap	Turkey & Cheese Sub

DAILY

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

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



featuring...

Squash

Squash contains healthy fats Omega-3 and Omega-6 that your brain and nerves need to talk to your body.

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**Roll w/Entree



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	Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14	Friday December 15	DAILY
Daily Special	Mini Corn Dogs	Freshly Made *Pepperoni Pizza	Chicken ** Nuggets	Fiesta Nacho Supreme	FIESTA FRIDAY Taco Salad w/Southwestern Ranch Dressing Christmas Movie Trivia	<u>AVAILABLE DAILY</u> JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS <u>Fruit & Veggie Bar</u> Students may choose 2 Fruit and 4 Vegetable Servings
Hot Sandwiches and More	Crispy Chicken Sandwich	Grilled Cheese V	Tasty Tacos	Chicken Strips & Waffle	Chicken Strips ** w/Southwest Ranch	 <p>featuring...</p>  <h2>Squash</h2> <p>Squash contains healthy fats Omega-3 and Omega-6 that your brain and nerves need to talk to your body.</p> <p>V=vegetarian option available *Contains or may contain pork ingredients. **Roll w/Entree</p>
	Cheeseburger	Mini Corn Dogs	Grilled Chicken	Western Cheeseburger	Chipotle Cheeseburger	
Pizzas	Cheese V	*Sausage	Cheese Pizza V	*Sausage	Cheese V	
	Pepperoni	Cheese V	Pepperoni	Cheese V	Pepperoni	
Hot and Fresh Vegetables	Carrots w/Dip Green Beans	Romaine Salad Baby Carrots w/Dip	Mashed Potatoes w/Gravy Corn	Steamed Broccoli Baked Beans	Glazed Carrots Romaine Salad	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go	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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	Monday December 18	Tuesday December 19	Wednesday December 20	Thursday December 21	Friday December 22
Daily Special	Mini Corn Dogs	Freshly Made Italian *Sausage Pizza	Pepper Jack Cheeseburger	Meatball Sub	Fiesta Nacho Supreme <i>Christmas Song Trivia</i>
Hot Sandwiches and More	Chicken Melt	Fiesta Nacho Supreme	Tasty Tacos	Grilled Chicken	Crispy Chicken Sandwich
	*BBQ Rib Sandwich	Cheeseburger	Crispy Chicken Sandwich	Jumbo Corn Dog	Grilled Cheese V
Pizzas	Cheese V	*Sausage	Cheese Pizza V	*Sausage	Cheese Pizza V
	Pepperoni	Cheese V	Pepperoni	Cheese Pizza V	Pepperoni
Hot and Fresh Vegetables	Tangy Baked Beans Baby Carrots	Romaine Salad Corn	Glazed Carrots Broccoli w/Dip	Green Beans Oven Fries	Potato Puffs Pinto Beans
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Turkey & *Bacon Wrap	Ham & Cheese Pinwheel	Crispy Chicken Wrap	Chef Salad **	Buffalo Chicken Wrap
	Crispy Chicken Wrap	Buffalo Chicken Salad**	Turkey & Cheese Sub	Crispy Chicken Wrap	Turkey & *Bacon Wrap

DAILY

AVAILABLE DAILY

JUICY BURGERS
PIZZA SELECTION
CHICKEN SANDWICHES
FRESH SALADS
SUB SANDWICHES
WRAPS

Fruit & Veggie Bar

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2 Fruit and 4
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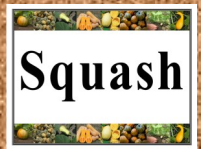
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	Monday December 25	Tuesday December 26	Wednesday December 27	Thursday December 28	Friday December 29	DAILY
Daily Special	No School Merry Christmas	No School	No School	No School	No School	<u>AVAILABLE DAILY</u> JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS <u>Fruit & Veggie Bar</u> Students may choose 2 Fruit and 4 Vegetable Servings
Hot Sandwiches and More						
Pizzas						
Hot and Fresh Vegetables						
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go						



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