



arbor Management Inc.



October 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 October 2	Tuesday October 3	Wednesday October 4	Thursday October 5	Friday October 6
Daily Special	*Bacon Cheeseburger	Freshly Made Italian *Sausage Pizza	Fiesta Nacho Supreme	Cheese Quesadilla V	<b>FIESTA FRIDAY</b> Taco Salad w/Southwestern Ranch Dressing
Hot Sandwiches and More	Chicken Melt	Grilled Chicken	Tasty Tacos	Western Cheeseburger	Walking Taco
	*BBQ Rib Sandwich	Cheeseburger	Crispy Chicken Sandwich	Mini Corn Dogs	Crispy Chicken
Pizzas	Cheese V	*Sausage	Southwest	*Sausage	Sausage
	Pepperoni	Cheese V	Pepperoni	Cheese V	Cheese V
Hot and Fresh Vegetables	Tangy Baked Beans Baby Carrots	Romaine Salad Corn	Glazed Carrots Broccoli w/Dip	Baked Potato Puffs Green Beans	Broccoli Refried 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	Garden Chef Salad	Buffalo Chicken Salad
	Crispy Chicken Wrap	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 4  
Vegetable Servings & 2  
Fruit Servings



featuring...

## Pumpkin

The carotenoids in pumpkins give them their orange color, just like with carrots

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



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	Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13
Daily Special	NO SCHOOL COLUMBUS DAY	Freshly Made Buffalo Chicken Pizza	Ponyshoe	*Bacon Cheeseburger	<b>FIESTA FRIDAY</b> Chicken Fajita
Hot Sandwiches and More		Mini Corn Dogs	*BBQ Rib Sandwich	Chili Dog	Walking Taco
		Crispy Chicken Sandwich	Western Cheeseburger	Grilled Chicken Sandwich	Fiesta Nacho Supreme
Pizzas		Cheese Pizza ✓	Pepperoni	Cheese Pizza ✓	Southwest
		*Sausage	Cheese Pizza ✓	Pepperoni Pizza	*Sausage
Hot and Fresh Vegetables		Glazed Carrots	Steamed Broccoli	Oven Fries	Steamed Broccoli
		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		Ham & Cheese Pinwheel	Crispy Chicken Wrap	Garden Chef Salad	Buffalo Chicken Salad
		Buffalo Chicken Salad	Turkey & Cheese Sub	Buffalo Chicken Wrap	Turkey & Cheese Sub

## DAILY

### AVAILABLE DAILY

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PIZZA SELECTION  
CHICKEN SANDWICHES  
FRESH SALADS  
SUB SANDWICHES  
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	Monday October 16	Tuesday October 17	Wednesday October 18	Thursday October 19	Friday October 20
Daily Special	Mini Corn Dogs	Freshly Made *Pepperoni Pizza	**Chicken Nuggets	**Chicken Strips & Waffle	NO SCHOOL
Hot Sandwiches and More	Crispy Chicken Sandwich	Grilled Cheese V	Tasty Tacos	Nachos	
	Cheeseburger	Mini Corn Dogs	Grilled Chicken	Western Burger	
Pizzas	Cheese V	*Sausage	Southwest	*Sausage	
	Pepperoni	Cheese V	Pepperoni	Cheese V	
Hot and Fresh Vegetables	Carrots w/Dip  Green Beans	Romaine Salad  Broccoli	Mashed Potatoes w/Gravy  Corn	Broccoli  Baked Beans	
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	Ham & Cheese Sub	Chicken Ranch Wrap	Buffalo Chicken Salad	

## DAILY

### AVAILABLE DAILY

JUICY BURGERS  
PIZZA SELECTION  
CHICKEN SANDWICHES  
FRESH SALADS  
SUB SANDWICHES  
WRAPS

### Fruit & Veggie Bar

Students may choose 4 Vegetable Servings & 2 Fruit Servings



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	Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27	DAILY
Daily Special	*Bacon Cheeseburger	Freshly Made Italian *Sausage Pizza	Fiesta Nacho Supreme	Cheese Quesadilla V	<b>FIESTA FRIDAY</b> Chicken Fajita	<b>AVAILABLE DAILY</b> JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS  <b>Fruit &amp; Veggie Bar</b> Students may choose 4 Vegetable Servings & 2 Fruit Servings
Hot Sandwiches and More	Chicken Melt	Grilled Chicken	Tasty Tacos	Western Cheeseburger	Walking Taco	
	*BBQ Rib Sandwich	Cheeseburger	Crispy Chicken Sandwich	Mini Corn Dogs	Fiesta Nacho Supreme	
Pizzas	Cheese V	*Sausage	Southwest	*Sausage	Southwest	
	Pepperoni	Cheese V	Pepperoni	Cheese V	*Sausage	
Hot and Fresh Vegetables	Tangy Baked Beans Baby Carrots	Romaine Salad Corn	Glazed Carrots Broccoli w/Dip	Baked Potato Puffs Green Beans	Steamed Broccoli Refried 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	Garden Chef Salad	Buffalo Chicken Salad	
	Crispy Chicken Wrap	Buffalo Chicken Salad	Turkey & Cheese Sub	Buffalo Chicken Wrap	Turkey & Cheese Sub	



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	Monday October 30	Tuesday October 31			
Daily Special	*BBQ Rib Sandwich	Freshly Made Buffalo Chicken Pizza			
Hot Sandwiches and More	Cheeseburger	Mini Corn Dogs			
	Crispy Chicken Sandwich	Fiesta Nacho Supreme			
Pizzas	Cheese V	*Sausage			
	Pepperoni	Cheese V			
Hot and Fresh Vegetables	Carrots w/Dip  Green Beans	Romaine Salad  Broccoli			
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			
	Chef Salad	Ham & Cheese Sub			

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