



arbor Management Inc.



November 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 November 1	Thursday November 2	Friday November 3	DAILY
Daily Special			Fiesta Nacho Supreme	Cheese Quesadilla V	FIESTA FRIDAY Taco Salad w/Southwestern Ranch Dressing	AVAILABLE DAILY JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS <u>Fruit & Veggie Bar</u> Students may choose 2 Fruit & 4 Vegetable Servings
Hot Sandwiches and More			Tasty Tacos	Western Cheeseburger	Walking Taco	
Pizzas			Crispy Chicken Sandwich	Mini Corn Dogs	Grilled Chicken Sandwich	
			Cheese Pizza V	*Sausage	Cheese V	
Hot and Fresh Vegetables			Pepperoni	Cheese V	Pepperoni	featuring... <h3>Sweet Potato</h3> <p>Sweet Potatoes are high in Vitamin C. Did you know that Vitamin C helps our body absorb iron?</p>
			Glazed Carrots	Baked Potato Puffs	Broccoli	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					<p>V=vegetarian option available *Contains or may contain pork ingredients. **Roll w/Entree</p>
Grab 'N Go			Crispy Chicken Wrap	Garden Chef Salad	Buffalo Chicken Salad	
			Turkey & Cheese Sub	Buffalo Chicken Wrap	Turkey & Cheese Sub	



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	Monday November 6	Tuesday November 7	Wednesday November 8	Thursday November 9	Friday November 10
Daily Special	Fiesta Nacho Supreme	Freshly Made Buffalo Chicken Pizza	Pony Shoe	*Bacon Cheeseburger	FIESTA FRIDAY Freshly Made Taco Pizza
Hot Sandwiches and More	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
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 &
4 Vegetable Servings



featuring...

Sweet Potato

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

✓=vegetarian option available
*Contains or may contain pork ingredients.
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	Monday November 13	Tuesday November 14	Wednesday November 15	Thursday November 16	Friday November 17	DAILY
Daily Special	Mini Corn Dogs	Freshly Made *Pepperoni Pizza	**Chicken Nuggets	Fiesta Nacho Supreme	FIESTA FRIDAY Taco Salad w/Southwestern Ranch Dressing	AVAILABLE DAILY JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS <u>Fruit & Veggie Bar</u> Students may choose 2 Fruit & 4 Vegetable Servings
Hot Sandwiches and More	Crispy Chicken Sandwich	Grilled Cheese V	Tasty Tacos	**Chicken Strips & Waffle	Chicken Strips w/Southwest Ranch	Farm Fresh Produce <i>featuring...</i> Sweet Potato
	Cheeseburger	Mini Corn Dogs	Grilled Chicken	Western Cheeseburger	*Bacon Cheeseburger	
Pizzas	Cheese V	*Sausage	Cheese Pizza V	*Sausage	Cheese V	Sweet Potatoes are high in Vitamin C. Did you know that Vitamin C helps our body absorb iron?
	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	V=vegetarian option available *Contains or may contain pork ingredients. **Roll w/Entree
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 November 20	Tuesday November 21	Wednesday November 22	Thursday November 23	Friday November 24	DAILY
Daily Special	*Bacon Cheeseburger	Freshly Made Italian *Sausage Pizza	Fiesta Nacho Supreme	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 & 4 Vegetable Servings
Hot Sandwiches and More	Chicken Melt	Grilled Chicken	Tasty Tacos			
	*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 Baby Carrots	Romaine Salad Corn	Glazed Carrots Broccoli w/Dip			
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			
	Crispy Chicken Wrap	Buffalo Chicken Salad	Turkey & Cheese Sub			



featuring...



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	Monday November 27	Tuesday November 28	Wednesday November 29	Thursday 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	Western 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 Green Beans	Romaine Salad Broccoli	Glazed Carrots Broccoli w/Dip	Baked Potato Puffs Green 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 Wrap	Chef Salad	
	Chef Salad	Ham & Cheese Sub	Turkey & Cheese Sub	Buffalo Chicken Wrap	

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PIZZA SELECTION
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FRESH SALADS
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