



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				1 French Toast Sticks w/Sausage Patty Or Pizza Dippers w/Marinara
4 *Bacon Cheeseburger or Beef & Bean Burrito	5 Fiesta Nachos Supreme Or Chili Cheese Fries**	6 Wing Wednesday or Hamburger Pony Shoe	7 Toasted Italian Sub Or Chicken Popper Basket	8 Buffalo Chicken Pizza Or Mini Corn Dogs
11 Parmesan Chicken Melt Or Jumbo Corn Dog	12 COOKIE TREAT	13 Italian Spaghetti w/Meatballs** Or Monte Cristo Sandwich	14 General Tso's Chicken Or French Toast Sticks w/Sausage Patty	15 NO LUNCH
18 NO SCHOOL	19 Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	20 Char Broiled Salisbury Steak** Or 3 Cheese Panini V	21 Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	22 Homemade Cheese Pizza Or Turkey Club Sandwich
25 Zesty Western BBQ Burger Or Macaroni & Cheese**	26 Fiesta Nachos Supreme Or *Ham & Cheese Panini	27 Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	28 BROWNIE BITE	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Regular or Spicy Chicken Sandwich
Grilled Burgers
A Variety of Fresh Grab and Go salads and wraps**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

Cheese V *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni
Crispy Chicken Wrap	Fruity Yogurt Fun Meal	Turkey & Cheese Deli	*Ham & Cheese Wrap	American Sub
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Crispy Chicken Salad**	Chef Salad**



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.



Ingersoll Middle School
February 2019

Lunch
\$2.00
Milk is included With Meal

Milk
\$.50
A Variety of Milk Is Offered Daily

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?
 Kyle Nelson
 Food Service Director
 309-647-8731
 Kyle.Nelson@Cantonusd.org

Comprehensive nutrition & allergy guides are available in the Foodservice Office.