



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
7	8	9	10	11
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meatballs** Or Monte Cristo Sandwich	General Tso's Chicken or French Toast Sticks w/Sausage Patty	Cheezy Garlic Flatbread Or BBQ Rib Sandwich
14	15 <b>COOKIE TREAT</b>	16	17	18
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	Char Broiled Salisbury Steak** Or 3 Cheese Panini V	Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	NO SCHOOL
21	22	23	24	25
NO SCHOOL	Fiesta Nachos Supreme Or *Ham & Cheese Panini	Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	Chicken Tenders** w/Dip Or Beefy Quesadilla	Stuffed Italian Pizza w/Marinara Or BBQ Chicken Sandwich
28	29	30	31 <b>BROWNIE BITE</b>	
Rotini w/Meat Sauce Or Waffles & Sausage Patty	*BBQ Rib Patty Or Walking Tacos w/Shredded Cheese	Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	Homemade Chicken and Noodles Or Soft Tacos	

**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	Cheese V	Cheese V	Cheese V	Cheese V
*Pepperoni	*Sausage	*Pepperoni	*Sausage	*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

January 2019

**Lunch**  
\$2.00

**Milk**  
\$.50

**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.**