



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

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				NO LUNCH TODAY
4	5	6	7	8
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	French Toast Sticks w/Sausage Patty Or Pizza Dippers w/Marinara
11	12	13	14	15
*Bacon Cheeseburger or Beef & Bean Burrito	Fiesta Nachos Supreme Or Chili Cheese Fries**	Wing Wednesday or Hamburger Pony Shoe	Toasted Italian Sub Or Chicken Popper Basket	Buffalo Chicken Pizza Or Mini Corn Dogs
18	19	20	21	22
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	<b>BROWNIE BITE</b> 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
25	26	27	28	29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

**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**

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  
 March 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.**