



arbor Management Inc.



September 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	Thursday	Friday September 1	DAILY
Daily Special					FIESTA FRIDAY Taco Salad w/Southwestern Ranch Dressing	<u>AVAILABLE DAILY</u> JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS <u>Fruit & Veggie Bar</u> Students may choose 3 Fruit and Vegetable Servings
Hot Sandwiches and More					Walking Taco	 <p>featuring...</p>  <p>Did you know that potatoes have as much potassium as a banana ?</p> <p>V=vegetarian option available *Contains or may contain pork ingredients. **Roll w/Entree</p>
					Crispy Chicken	
Pizzas					Sausage Cheese V	
					Broccoli Refried Beans	
Hot and Fresh Vegetables						
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go					Buffalo Chicken Salad	
					Turkey & Cheese Sub	



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	Monday September 4	Tuesday September 5	Wednesday September 6	Thursday September 7	Friday September 8
Daily Special	NO SCHOOL LABOR DAY	Freshly Made Buffalo Chicken Pizza	Pony Shoe	*Bacon Cheeseburger	NO SCHOOL TEACHER INSTITUTE
Hot Sandwiches and More		Mini Corn Dogs	*BBQ Rib Sandwich	Chili Dog	
		Crispy Chicken Sandwich	Western Cheeseburger	Grilled Chicken Sandwich	
Pizzas		Cheese Pizza ✓	Pepperoni	Cheese Pizza ✓	
		Sausage	Cheese Pizza ✓	Pepperoni Pizza	
Hot and Fresh Vegetables		Glazed Carrots	Steamed Broccoli	Oven Fries	
		Garbanzo Beans	Corn	Baby Carrots w/Dip	
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	Turkey & Cheese Sub	Buffalo Chicken Wrap	

DAILY

AVAILABLE DAILY

JUICY BURGERS
PIZZA SELECTION
CHICKEN SANDWICHES
FRESH SALADS
SUB SANDWICHES
WRAPS

Fruit & Veggie Bar

Students may choose
3 Fruit and
Vegetable Servings



featuring...

Potato

Did you know
that potatoes
have as much
potassium as
a banana ?

✓=vegetarian option
available

*Contains or may
contain pork
ingredients.

**Roll w/Entree



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	Monday September 11	Tuesday September 12	Wednesday September 13	Thursday September 14	Friday September 15	DAILY
Daily Special	Mini Corn Dogs	Freshly Made *Pepperoni Pizza	**Chicken Nuggets	**Chicken Strips & Waffle	FIESTA FRIDAY Taco Salad w/Southwestern Ranch Dressing	<u>AVAILABLE DAILY</u> JUICY BURGERS PIZZA SELECTION CHICKEN SANDWICHES FRESH SALADS SUB SANDWICHES WRAPS <u>Fruit & Veggie Bar</u> Students may choose 3 Fruit and Vegetable Servings
Hot Sandwiches and More	Crispy Chicken Sandwich	Grilled Cheese V	Tasty Tacos	Nachos	Chicken Fajitas	 <p>featuring...</p>  <p>Did you know that potatoes have as much potassium as a banana?</p> <p>V=vegetarian option available *Contains or may contain pork ingredients. **Roll w/Entree</p>
	Cheeseburger	Mini Corn Dogs	Grilled Chicken	Western Burger	Chicken Sandwich	
Pizzas	Cheese V	*Sausage	Southwest	*Sausage	Southwest	
	Pepperoni	Cheese V	Pepperoni	Cheese V	*Sausage	
Hot and Fresh Vegetables	Carrots w/ Dip Green Beans	Romaine Salad Broccoli	Mashed Potatoes w/Gravy Corn	Broccoli Baked Beans	Refried Beans Romaine Salad	
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	Ham & Cheese Pinwheel	
	Chef Salad	Ham & Cheese Sub	Chicken Ranch Wrap	Buffalo Chicken Salad	Turkey & *Bacon Wrap	



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	Monday September 18	Tuesday September 19	Wednesday September 20	Thursday September 21	Friday September 22
Daily Special	*Bacon Cheeseburger	Freshly Made Italian *Sausage Pizza	Fiesta Nacho Supreme	Cheese Quesadilla V	FIESTA FRIDAY Chicken Fajita
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

DAILY

AVAILABLE DAILY
JUICY BURGERS
PIZZA SELECTION
CHICKEN SANDWICHES
FRESH SALADS
SUB SANDWICHES
WRAPS

Fruit & Veggie Bar
Students may choose
3 Fruit and
Vegetable Servings



featuring...

Potato

Did you know that potatoes have as much potassium as a banana?

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	Monday September 25	Tuesday September 26	Wednesday September 27	Thursday September 28	Friday September 29
Daily Special	**Chicken Strips	Freshly Made Buffalo Chicken Pizza	Cheeseburger	Pretzel w/Taco Meat & Cheese	FIESTA FRIDAY Taco Salad w/Southwestern Ranch Dressing
Hot Sandwiches and More	Cheeseburger	Mini Corn Dogs	Crispy Chicken Sandwich	Western Cheeseburger	Tasty Tacos
	Crispy Chicken Sandwich	Fiesta Nacho Supreme	Beef Quesadilla	Grilled Chicken Sandwich	Chicken Quesadilla
Pizzas	Cheese V	*Sausage	Southwest	*Sausage	Southwest
	Pepperoni	Cheese V	Pepperoni	Cheese V	*Sausage
Hot and Fresh Vegetables	Carrots w/Dip	Romaine Salad	Mashed Potatoes w/Gravy	Broccoli	Refried Beans
	Green Beans	Broccoli	Corn	Baked Beans	Romaine Salad
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	Ham & Cheese Pinwheel
	Chef Salad	Ham & Cheese Sub	Chicken Ranch Wrap	Buffalo Chicken Salad	Turkey & *Bacon Wrap

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CHICKEN SANDWICHES
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