



arbor Management Inc.



September 2017 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?

Arbor Management, Inc.
262-664-8700
dietitian@rusd.org

Comprehensive nutrition & allergy guides are available under "Food Service" on the RUSD website.

This menu follows USDA National School Lunch Program guidelines. This institution is an equal opportunity Provider.

		Tuesday September 5	Wednesday September 6	Thursday September 7	Friday September 8
Comfort Station		Popcorn Chicken Bowl	Burger Bar	Loaded Potato Wedges (Chicken)	Italian Sausage* Bake w/Garlic Toast
		Turkey & Cheese on Pretzel Bun Cheeseburger	Grilled Chicken Sandwich	Crispy Chicken Sandwich BBQ Rib* Sandwich	Meatball Hoagie Spicy Chicken Sandwich
Hot Sandwiches					
Panini Station	Fajita Chicken & Cheese Quesadilla				
Pizzas		Cheese Pizza Italian Sausage* & Roasted Red Pepper Flatbread	Three Cheese Kickin' Cowboy Flatbread	Pizza Dippers Pepperoni*	Cheese Pizza Sausage*
Hot and Fresh Vegetables		Whipped Potatoes Corn Cole Slaw Cherry Tomatoes	Twister Fries California Blend Broccoli Salad Cucumber Slices	Refried Beans Chuckwagon Blend Pico de Gallo Jicama Sticks	Italian Blend Broccoli Romaine Salad w/Spinach Mixed Pepper Slices
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go Salads		Muffin Yogurt Power Pack Crispy Chicken Salad	BLT Salad* Buffalo Chicken Salad	Turkey Chef Salad Spicy Chicken Salad	Italian Chef Salad* Crispy Chicken Salad

DAILY

Taco/Nacho Station
Made to Order
Deli Sandwiches
PB&J Sandwich
Yogurt & Fruit Parfait

Local produce is offered when available.



Meal Deal Prices
\$2.90 Paid
\$0.40 Reduced
\$.45 Milk

September is
Better Breakfast Month!



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*Contains or may contain pork ingredients.



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	Monday September 11	Tuesday September 12	Wednesday September 13	Thursday September 14	Friday September 15
Comfort Station	Roasted Chicken with Whipped Potatoes and Dinner Roll	Cheeseburger Meatloaf with Mac N Cheese	Burrito Bar	BBQ Teriyaki Chicken with Rice Pilaf	Early Release
Hot Sandwiches	Arbor Sliders BBQ Pulled Turkey Sandwich	Ham & Cheese on Pretzel Bun Toasted Italian Sub*	Cheeseburger Crispy Chicken Sandwich	Grilled Chicken Sandwich Western BBQ Cheeseburger	Cheeseburger Malibu Chicken Sandwich
Panini Station	Patty Melt Panini				
Pizzas	Cheese BBQ Chicken	Pizza Dippers Sausage*	Three Cheese All Meat*	Pizza Dippers Pepperoni*	Cheese
Hot and Fresh Vegetables	Whipped Potatoes & Gravy Corn Spring Pea Salad Celery Sticks	Seasoned Redskin Potatoes Green Beans Fresh Cauliflower Cherry Tomatoes	Refried Beans Baja Blend Pico de Gallo Mixed Pepper Slices	Oriental Blend Glazed Carrots Sweet & Sour Cole Slaw Fresh Broccoli	Hot Corn Cucumber Tomato Salad Baby Carrots
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go Salads	Muffin Yogurt Power Pack Crispy Chicken Salad	Ham Chef Salad Spicy Chicken Salad	BLT Salad* Buffalo Chicken Salad	Garden Salad Crispy Chicken Salad	Turkey Chef Salad

DAILY

Taco/Nacho Station
Made to Order
Deli Sandwiches
PB&J Sandwich
Yogurt & Fruit Parfait

Local produce is offered when available.

Farm Fresh Produce
featuring...

Farm Fresh Produce
featuring... Potatoes

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

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	Monday September 18	Tuesday September 19	Wednesday September 20	Thursday September 21	Friday September 22
Comfort Station	Brunch For Lunch French Toast Stix Cheesy Eggs & Turkey Sausage Patty	Spicy Popcorn Chicken Bowl	Hot Dog Bar	Jamaican Jerk Chicken w/Cilantro Lime Rice	Taco Pretzel Dipper
Hot Sandwiches	Crispy Chicken Sandwich Pizza Grilled Cheese*	Cheeseburger Turkey & Cheese on Pretzel Bun	Grilled Chicken Sandwich	Cheeseburger Chicken Bacon* Melt	BBQ Rib* Sandwich Grilled Santa Fe Chicken & Pepper Jack
Panini Station	Three Cheese Panini				
Pizzas	Cheese Supreme*	Pizza Dippers Pepperoni*	Three Cheese Italian Sausage* & Red Pepper Flatbread	Pizza Dippers Pepperoni*	Cheese Sausage*
Hot and Fresh Vegetables	Hash Brown Baked Cinnamon Apples Romaine Salad w/Spinach Cherry Tomatoes	Whipped Potatoes Corn Sliced Cucumbers Baby Carrots	Twister Fries California Blend Cole Slaw Fresh Broccoli	Chalet Blend Glazed Carrots Broccoli Salad Fresh Peas	Refried Beans Mexican Corn Mix Jicama Sticks Pico de Gallo
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go Salads	Muffin Yogurt Power Pack Crispy Chicken Salad	Garden Salad BBQ Chicken Ranch Salad	BLT Salad* Buffalo Chicken Salad	Ham Chef Salad Crispy Chicken Salad	Taco Salad Spicy Chicken Salad

DAILY

Taco/Nacho
Station
Made to Order
Deli Sandwiches
PB&J Sandwich
Yogurt & Fruit
Parfait

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Fresh
Produce
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	Monday September 25	Tuesday September 26	Wednesday September 27	Thursday September 28	Friday September 29
Comfort Station	Popcorn Chicken Bowl	Loaded Potatoes (Beef)	Chicken Sandwich Bar (Veggie Option Available)	Salisbury Steak & Gravy with Buttered Noodles	Cheese Lasagna Roll w/Garlic Toast
Hot Sandwiches	Cheeseburger Waffle Sandwich with Chicken Tenders	Meatball Hoagie Ham & Cheese on Pretzel Bun	Cuban Sandwich*	Crispy Chicken Sandwich Chipotle Lime Burger	Cheeseburger Cajun BBQ Grilled Chicken Sandwich
Panini Station	Chicken & Cheese Quesadilla				
Pizzas	Cheese Buffalo Chicken	Pizza Dippers Pepperoni*	Three Cheese Flatbread All Meat*	Pizza Dippers Pepperoni*	Cheese Pizzadilla*
Hot and Fresh Vegetables	Whipped Potatoes & Gravy Corn Cole Slaw Baby Carrots	Baja Blend Corn Pico de Gallo Mixed Bell Pepper Slices	Baked Beans Tater Tots Spring Pea Salad Cherry Tomatoes	Glazed Sweet Potatoes Green Beans Romaine Salad w/Spinach Cucumber Slices	Italian Blend Roasted Butternut Squash Cucumber Tomato Salad Fresh Cauliflower
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go Salads	Muffin Yogurt Power Pack Crispy Chicken Salad	Turkey Chef Salad Spicy Chicken Salad	BLT Salad* Buffalo Chicken Salad	Chef Tuna Salad Crispy Chicken Salad	Italian Chef* Salad Spicy Chicken Salad

DAILY

Taco/Nacho Station
Made to Order Deli Sandwiches
PB&J Sandwich
Yogurt & Fruit Parfait
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