



arbor Management Inc.



September 2017 Middle 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.

Station	Monday September 4	Tuesday September 5	Wednesday September 6	Thursday September 7	Friday September 8
Comfort Station	LABOR DAY 	Popcorn Chicken Bowl	Bacon Cheeseburger*	Loaded Potato Wedges (Chicken)	Italian Sausage* Bake w/Garlic Toast
Hot Sandwiches		Turkey & Cheese on Pretzel Bun Cheeseburger	Grilled Chicken Sandwich	Crispy Chicken Sandwich BBQ Rib* Sandwich	Cheeseburger* Spicy Chicken Sandwich
Pizzas		Cheese Pizza	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		Muffin Yogurt Power Pack	BLT Salad*	Turkey Chef Salad	Italian Chef* Salad
		Italian Wrap	Turkey & Cheese on Sub Bun	Chipotle Chicken Wrap	Sticky Finger Chicken Wrap

DAILY
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?

CELEBRATE
Fruit & Veg month

Meal Deal Prices

\$2.80 Paid
\$0.40 Reduced
\$.45 Milk

September is
Better Breakfast Month!



Menu changes may be necessary. Notice will be given when possible.

* Contains or may contain beef or pork ingredients.



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Station	Monday September 11	Tuesday September 12	Wednesday September 13	Thursday September 14	Friday September 15	DAILY
Comfort Station	Roasted Chicken with Dinner Roll	Cheeseburger Meatloaf* with Mac N Cheese	Beef Nachos*	BBQ Teriyaki Chicken with Rice Pilaf	Early Release	PB&J Sandwich Yogurt & Fruit Parfait
Hot Sandwiches	BBQ Pulled Turkey	Ham & Cheese on Pretzel Bun	Grilled Chicken Sandwich	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Local produce is offered when available.
	Cheeseburger*	Crispy Chicken Sandwich	Cheeseburger*	Cheeseburger*	Cheeseburger*	
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 Broccoli Salad 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	Muffin Yogurt Power Pack	Ham Chef Salad	BLT Salad*	Garden Salad	Turkey Chef Salad	
	Chicken Salad Sandwich	Garden Veggie & Cheese Wrap	Ham & Cheese Croissant	Santa Fe Chicken Wrap		



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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 Sticks Turkey Sausage Patty	Spicy Popcorn Chicken Bowl	Hot Dog	Jamaican Jerk Chicken w/Cilantro Lime Rice	Taco Pretzel Dipper*
Hot Sandwiches	Pizza Grilled Cheese* Crispy Chicken	Cheeseburger* Turkey & Cheese on Pretzel Bun	Grilled Chicken Sandwich	Cheeseburger* Spicy Chicken	Cheeseburger* BBQ Rib* Sandwich
Pizzas	Cheese Supreme*	Pizza Dippers Pepperoni*	Three Cheese Sausage*	Pizza Dippers Pepperoni*	Cheese Sausage*
Hot and Fresh Vegetables	Hash Brown Baked Cinnamon Apples Romaine Salad w/Spinach Cherry Tomatoes	Whipped Potatoes Corn Spring Pea Salad Baby Carrots	Twister Fries California Blend Cole Slaw Fresh Broccoli	Chalet Blend Glazed Carrots Broccoli Salad Fresh Peas	Refried Beans Mexican Corn Mix Cucumber Tomato Salad Pico de Gallo
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Muffin Yogurt Power Pack	Garden Salad	BLT Salad*	Ham Chef	Taco Salad*
	Ranch Chicken Wrap	Turkey, Ham & Cheese Sub	All-American Deli Sandwich	Tuna Salad Sandwich	Turkey Bacon* Wrap

DAILY

**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?

CELEBRATE

**Fruit
& Veg**
month

Meal Deal
Prices

\$2.80 Paid
\$0.40 Reduced
\$.45 Milk

**September is
Better
Breakfast
Month!**



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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)*	Meatball Hoagie*	Salisbury Steak* & Gravy with Buttered Noodles	Cheese Lasagna Roll w/Garlic Toast
Hot Sandwiches	Cheeseburger* Crispy Chicken Sandwich	Ham & Cheese on Pretzel Bun Spicy Chicken Sandwich	Grilled Chicken Sandwich	Cheeseburger* Crispy Chicken Sandwich	Cheeseburger* Spicy Chicken Sandwich
Pizzas	Cheese Buffalo Chicken	Pizza Dippers Pepperoni*	Cheese All Meat*	Pizza Dippers Pepperoni*	Cheese Sausage*
Hot and Fresh Vegetables	Whipped Potatoes & Gravy Corn Cole Slaw Baby Carrots	Baja Blend Corn Pico de Gallo Mixed Bell Pepper Slices	Baked Beans Steamed Broccoli 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	Muffin Yogurt Power Pack	Turkey Chef Salad	BLT Salad*	Chef Tuna Salad	Italian Chef* Salad
	Italian Wrap*	Egg Salad Sandwich	Sticky Finger Chicken Sandwich	Turkey & Cheese on Sub Bun	Chipotle Chicken Wrap

DAILY

**PB&J Sandwich
Yogurt & Fruit Parfait**

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