



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No School	No School	No School	No School
7	8	9	10	11
Chicken Tenders w/Corn Bread	Mini Corn Dogs Fresh Fruit	Western Burger Tri-Tater (1)	Smothered Meatballs over Mashed Potatoes	Sriracha Chicken on a Roll
14	15	16	17	18
Soft Shell Tacos (2)	Bacon Burger Tri-Tater (1)	Mini Turkey Corn Dogs	Hotdog On a Bun	Grilled Cheese
21	22	23	24	25
No School Martin Luther King Birthday	Chicken Nuggets w/ Dinner Roll	Half Day No Lunch	Mini Corn Dogs Fresh Fruit	Western Burger Tri-Tater (1)
28	29	30	31	
Sriracha Chicken on a Roll	Hotdog On a Bun	Salisbury Steak w/Mashed Potatoes	Smothered Meatballs over Mashed Potatoes	

Fresh Fruit & Veggie Bar available daily with all lunches

Crispy or Grilled Chicken Sandwich - Grilled Burgers
Nacho Supreme with Toppings
Fresh Baked Cookies, Chips, Ice Cream

Daily Choices
 Pizza
 Daily Wraps
 Fresh Salads

Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Cheesy Garlic Flatbread	Cheese or Turkey Sausage
Turkey and Cheese Wrap	Chicken Caesar Wrap	Turkey and Cheese Sub Lettuce/Tomato	Southwest Chicken Wrap	Turkey and Cheese Wrap
Crispy Chicken Salad or Grilled Chicken Salad	Southwest Crispy Chicken Salad	Crispy Chicken Salad or Grilled Chicken Salad	Southwest Crispy Chicken Salad	Vegetarian Chef Salad or Chef Salad (Turkey & Cheese)



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.



Burbank 111 Liberty Junior High January 2019

Lunch
\$2.65

Milk
\$.60

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!



arbor online
arbormgt.com



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?
 Pam Torres
 ptorres@bsd111.org
 708-599-6655

Comprehensive nutrition & allergy guides are available in the Foodservice Office.