



Homestyle Meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Meatballs w/ Egg Noodles	3 Roast Chicken w/Mashed Potatoes	4 Sloppy Joe Sliders w/Potato Chips	5 Chicken Parmigiana w/ Spaghetti	6 Crispy Fish Sandwich w/Tartar Sauce ✓
9 Coney Island Corn Dog w/Baked Beans	10 Grilled Cheese w/Tomato Soup ✓	11 Italian Pasta w/ Meatballs	12 Cheese Omelet w/*Sausage	13 Cheesy Flatbread w/Veggies & Dip ✓
16 Cheese Quesadillas w/Beans & Rice	17 Beef Salisbury Steak w/Mashed Potatoes	18 Homemade Macaroni & Cheese w/Garden Salad ✓	19 Biscuits & Gravy w/*Sausage	20 Buttermilk Pancakes w/*Sausage
23 NO SCHOOL SPRING BREAK	24 NO SCHOOL SPRING BREAK	25 NO SCHOOL SPRING BREAK	26 NO SCHOOL SPRING BREAK	27 NO SCHOOL SPRING BREAK
30 Country Chicken w/Mashed Potatoes	31 Sloppy Joes w/ Tater Tots	<b>HELP WANTED! NOW</b> <b>HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CINDY AT: 815-678-7551</b>		
Chicken Tenders w/Curly Fries	Grilled Monte Cristo w/ Cup of Soup & Fries	Bacon Cheeseburger w/ Fries	Combo Platter w/ Fries	Flatbread Fridays w/ Fries
Chicken Sandwich Cheeseburgers	Chicken Sandwich Cheeseburgers	Chicken Sandwich Cheeseburgers	Chicken Sandwich Cheeseburgers	Chicken Sandwich Cheeseburgers
Stuffed Crust Cheese ✓ or Pepperoni	Stuffed Crust Cheese ✓ or Pepperoni	Stuffed Crust Cheese ✓ or Pepperoni	Stuffed Crust Cheese ✓ or Pepperoni	Stuffed Crust Cheese ✓ or Pepperoni
BBQ Chicken	Meat Lovers	Garlic Chicken	*Italian Sausage	Buffalo Chicken
Garden Salad ✓ Chicken Caesar Salad	Buffalo Chicken Salad or Fresh Veggies w/Dip ✓	Rocket Salad Grilled Chicken Garden Salad	Garden Salad ✓ Julienne Salad	Rocket Salad Buffalo Chicken Salad
Buffalo Style Chicken Wrap with Lettuce and Tomato	Turkey Bacon Club With Lettuce and Tomato	Tuna or Egg Salad Sandwich on Whole Wheat Bread	Roast Turkey on a Pretzel Roll with Honey Mustard	Crispy Chicken Caesar Wrap
Power Plate ✓ Strawberry Parfait	Fresh Fruit Plate ✓ Blueberry Parfait Yogurt Parfait	Power Plate ✓ Strawberry Parfait	Fresh Fruit Plate ✓ Blueberry Parfait Yogurt Parfait	Power Plate ✓ Strawberry Parfait

Specials and Hot Sandwiches

Pizzas

Garden Fresh

Sandwiches, Wraps Grdb 'N Go



✓=Vegetarian option available  
 \*\*Served with a roll  
 \*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.



## Richmond-Burton High School SD 157 March 2020

**Lunch**  
**\$2.65**  
 Milk is included  
 With meal

**Milk**  
**\$.55**  
 A Variety of Milk is Available 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!**

  
[arboronline.com](http://arboronline.com)



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

Questions about the menu?  
 Cindy Donohoe  
 Arbor@rbchs.com  
 815-678-7551

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