



October Millburn Middle School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza Vegetable of the Day Fruit of the Day
4 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	5 Chicken Drumstick Dinner Roll Vegetable of the Day Fruit of the Day	6 Maple Pancake Turkey Sausage Bites Vegetable of the Day Fruit of the Day	7 Chicken Sandwich Vegetable of the Day Fruit of the Day	8 Cheese Pizza Vegetable of the Day Fruit of the Day
11 No School	12 No School	13 Pizza Dippers w/Marinara Sauce Vegetable of the Day Fruit of the Day	14 Walking Taco Nachos Vegetable of the Day Fruit of the Day	15 Chicken Sandwich Vegetable of the Day Fruit of the Day
18 Yogurt Fun Brunch Vegetable of the Day Fruit of the Day	19 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	20 Crispy Chicken Sandwich Vegetable of the Day Fruit of the Day	21 Cheesy Beef Nachos Vegetable of the Day Fruit of the Day	22 Cheese Pizza Vegetable of the Day Fruit of the Day
25 Crispy Chicken Tenders Dinner Roll Vegetable of the Day Fruit of the Day	26 Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	27 Cheese Ravioli Garlic Bread Vegetable of the Day Fruit of the Day	28 Crispy Chicken Nuggets Dinner Roll Vegetable of the Day Fruit of the Day	29 Cheese Pizza Vegetable of the Day Fruit of the Day

**FREE
MEALS
To All Enrolled
Students**

Daily Options
Turkey & Cheese Sandwich

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!



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

Included with Every Meal
Fruit and Vegetable
Choice of Milk

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.