



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

Daily Choices  
Daily Pizza  
Fresh Deli  
Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17 Welcome Back Party
	Teacher Institute No School	First Day Half Day No Lunch	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
20	21 Cookie Bite Day	22	23	24
Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
27	28	29 Brownie Bite Day	30 Breakfast for Lunch	31
Southwest Chicken Panini Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Fluffy Pancakes w/*Sausage Potato Puffs	Pizza Dippers w/Garden Marinara Romaine Salad
Fresh Fruit & Veggie Bar available daily with all lunches				
Crispy Chicken or Spicy Chicken Sandwich Grilled Burgers & Sunbutter & Jelly Sandwich				
Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**

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.



## Morton Junior High School August 2018

**Lunch**  
**\$2.65**

**Milk**  
**\$0.50**

### 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!

**Questions about the menu?**  
Kristina Klein  
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309-284-6320

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