
 Includes fruit and vegetable choices, whole grain breads and rolls and milk.	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cookie Bite Day	2	3	4	5
	Southwest Chicken Panini Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Fluffy Pancakes w/**Sausage Oven Fries	Pizza Dippers w/Garden Marinara Romaine Salad
	8	9	10	11	12 Brownie Bite Day
	No School Columbus Day	No School	Home Style Chicken & Noodles w/Biscuit Broccoli	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza Savory Green Beans
	15	16	17 Cookie Bite Day	18	19
	Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	No School	No School
	22 Brownie Bite Day	23	24	25	26
	*BBQ Rib Patty Sandwich Baked Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes/Gravy	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
	29	30	31 Happy Halloween		
	Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Haunted Haystack (Chicken Alfredo Bake) Vampire Repellent (Garlic Bread)		
Daily Special Daily Choices Daily Pizza Options Fresh Deli Fresh Salads	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 October 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
kristina.klein@mcusd709.org
309-284-6320

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