



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

Daily Choices  
Pizza  
Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
5 Cookie Bite Day	6	7	8	9
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
12	13	14 Thanksgiving Meal	15	16 Brownie Bite Day
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Turkey Gravy** over Mashed Potatoes Seasoned Green Beans Baked Cinnamon Apples	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza Savory Green Beans
19	20 Cookie Bite Day	21	22	23
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
26	27	28 Brownie Bite Day	29	30
*BBQ Rib Patty Sandwich Baked Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes w/Gravy	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas

**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  
November 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.