



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

Daily Special

Daily Choices
Pizza
Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
3 Zesty Western BBQ Burger Potato Puffs	4 Cookie Bite Day Fiesta Nachos Supreme Refried Beans	5 Chicken Alfredo Garlic Bread Glazed Carrots	6 Crispy Chicken Tenders** Oven Fries	7 Stuffed Italian Pizza w/Marinara Steamed Broccoli
10 Brownie Bite Day	11	12	13 Breakfast for Lunch	14
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
17	18	19	20 Winter Wonderland Party	21
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Home Style Chicken & Noodles w/Biscuit	French Toast Sticks w/ Sausage & Syrup Potato Puffs	No Lunch Half Day
24	25	26	27	28
No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
31				
No School Christmas Break				
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.
 This institution is an equal opportunity employer.



Morton
 Junior High School
 December 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.