



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

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheezy Garlic Flatbread Golden Corn
4 *BBQ Rib Patty Sandwich Veggie Beans	5 Cookie Bite Day Taco Pretzel w/Taco Meat & Cheese Golden Corn	6 Char Broiled Salisbury Steak** Mashed Potatoes	7 Chicken Nuggets w/Waffle & Syrup Potato Puffs	8 Hot Diggity Dog w/Chili Mixed Vegetables
11 Zesty Western BBQ Burger Potato Puffs	12 Fiesta Nachos Supreme Refried Beans	13 Brownie Bite Day Chicken Alfredo Garlic Bread Glazed Carrots	14 Valentine's Day Crispy Chicken Tenders** Oven Fries Strawberry Milk	15 Stuffed Italian Pizza w/Marinara Steamed Broccoli
18 No School Presidents' Day	19 Cookie Bite Day Walking Tacos Seasoned Black Beans	20 Popcorn Chicken** Mashed Potatoes w/Gravy	21 Breakfast for Lunch Fluffy Pancakes w/Turkey Sausage Oven Fries	22 Pizza Dippers w/Garden Marinara Romaine Salad
25 *Juicy Bacon Cheeseburger Golden Corn	26 Fiesta Nachos Supreme Refried Beans	27 Brownie Bite Day Home Style Chicken & Noodles w/Biscuit Broccoli	28 Breakfast for Lunch French Toast Sticks w/ Scrambled Eggs & Syrup Potato Puffs	

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
February 2019

Lunch
\$2.65
Milk is included With Meal

Milk
\$0.50
A Variety of Milk is Available Daily

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.