



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Homemade Buffalo Chicken Pizza Savory Green Beans
4 Parmesan Chicken Melt Seasoned Red Skin Potatoes	5 <b>Cookie Bite Day</b> Soft Shell Tacos w/Shredded Cheese	6 Italian Spaghetti & Meatballs** w/Garlic Bread	7 Mini Corn Dogs w/Spicy Ketchup Potato Puffs	8 No Lunch Half Day
11 *BBQ Rib Patty Sandwich Veggie Beans	12 Taco Pretzel w/Taco Meat & Cheese Mexi-Cali Corn	13 <b>Brownie Bite Day</b> Char Broiled Salisbury Steak** Mashed Potatoes	14 Chicken Nuggets w/Waffle & Syrup Potato Puffs	15 Hot Diggity Dog w/Chili Fresh Broccoli Salad
18 Crispy Chicken Tenders** Potato Puffs	19 <b>Cookie Bite Day</b> Fiesta Nachos Supreme Refried Beans	20 Macaroni and Cheese w/Roll Glazed Carrots	21 Stuffed Italian Pizza w/Marinara Steamed Broccoli	22 Zesty Western BBQ Burger Creamy Coleslaw
25 Southwest Chicken Panini Glazed Carrots	26 Walking Tacos Seasoned Black Beans	27 <b>Brownie Bite Day</b> Popcorn Chicken Bowl Mashed Potatoes	28 <b>Breakfast for Lunch</b> Fluffy Pancakes w/**Sausage Oven Fries	29 *BBQ Rib Patty Sandwich Homemade Potato Salad

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Chicken or Spicy Chicken Sandwich  
Grilled Burgers & Sunbutter & Jelly Sandwich**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

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  
March 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.