

# August 2020

# Morton School District Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
		Turkey Nachos Or Crispy Chicken Salad with Croutons Green Pepper Strips Raisins/Cranberries	Chicken Nuggets Pretzel Rod Or Turkey Ranch Roll-Up Fresh Broccoli/Ranch Chilled Cupped Fruit	*BBQ Rib Sandwich Or Bean & Cheese Dip with Nacho Chips—V Fiesta Corn Fresh Fruit
17	18	19	20	21
Cheeseburger Or Crispy Chicken Caesar Pita Garbanzo Bean Salad Diced Peaches	French Toast Sticks w/Turkey Sausage Or Cheese Sticks - V Tortilla Chips Salsa Chilled Cupped Fruit	Homemade Mac & Cheese & Roll Or Sun Butter & Jelly Wrap—V Cucumbers/Ranch Raisins/Cranberries	Pizza Dippers w/Marinara Sauce Or Turkey Sandwich Fresh Broccoli Chilled Cupped Fruit	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —V Corn Fresh Fruit
24	25	26	27	28
Hot Dog Or Cheddar Cheese Stick—V Goldfish Pretzels Hard Boiled Egg Carrot Sticks Applesauce Cup	Chicken Sandwich Or Crispy Chicken Roll-Up Garbanzo Bean Salad Chilled Cupped Fruit	Turkey Soft Tacos Or “Say” Cheese Sandwich —V Side Salad/Ranch Raisins/Cranberries	Chicken Nuggets Pretzel Rod Or Chef Salad w/Whole Grain Tortilla Broccoli Chilled Cupped Fruit	Grilled Cheese Or Turkey & Cheese Sub Spring Pea Salad Fresh Fruit
31				
Chicken Tenders w/Pretzel Roll Yogurt Pack —V Strawberry Yogurt Cheese Stick Cinnamon Roll Carrots Fresh Fruit				

**Elem Lunch \$ 2.70**  
**Jr. High \$2.80**  
**Milk .60¢**

**Included with Every Meal**

**Fruit and Vegetable**

**1% or Fat-Free Milk**

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

**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!