

September 2020

Morton Jr. High Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Sandwich Or Sun Butter & Jelly Wrap -V Black Beans Chilled Cupped Fruit	2 Turkey Nachos Or Turkey Sandwich Crunchy Celery Sticks with Ranch Raisins/Cranberries	3 Grilled Chicken Bacon Melt Or Chicken Salad Pita Green Side Salad/Ranch Chilled Cupped Fruit	4 Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara -V Corn Fresh Fruit
7 No Service Labor Day	8 Chicken Fajita w/Roasted Peppers Or Turkey & Cheese Sub Baked Beans Chilled Cupped Fruit	9 Turkey Nachos Or Crispy Chicken Salad with Croutons Green Pepper Strips Raisins/Cranberries	10 Chicken Nuggets Pretzel Stick Or Turkey Ranch Roll-Up Fresh Broccoli/Ranch Chilled Cupped Fruit	11 *BBQ Rib Sandwich Or Bean & Cheese Dip with Nacho Chips—V Oven Baked Fries Fresh Fruit
14 Cheeseburger Or Crispy Chicken Ranch Pita Baked Beans Diced Peaches	15 French Toast Sticks w/Turkey Sausage Or Cheese Sticks - V Tortilla Chips & Salsa Baby Carrots Chilled Cupped Fruit	16 Homemade Mac & Cheese & Roll Or Sun Butter & Jelly Wrap—V Cucumbers/Ranch Raisins/Cranberries	17 Pizza Dippers w/Marinara Sauce Or Turkey Sandwich Fresh Broccoli Chilled Cupped Fruit	18 No Service Early Dismissal
21 Hot Dog Or Cheddar Cheese Stick—V Goldfish Pretzels Hard Boiled Egg Carrot Sticks Applesauce Cup	22 Chicken Sandwich Or Crispy Chicken Roll-Up Baked Beans Chilled Cupped Fruit	23 Turkey Soft Tacos Or “Say” Cheese Sandwich -V Side Salad/Ranch Raisins/Cranberries	24 Chicken Nuggets Pretzel Stick Or Chef Salad w/Whole Grain Tortilla Broccoli Chilled Cupped Fruit	25 Grilled Cheese Or Turkey & Cheese Sub Oven Baked Fries Fresh Fruit
28 Chicken Tenders w/Pretzel Stick Yogurt Pack -V Strawberry Yogurt Cheese Stick Cinnamon Roll Carrots Fresh Fruit	29 Chicken Sandwich Or Sun Butter & Jelly Wrap -V Black Beans Chilled Cupped Fruit	30 Turkey Nachos Or Turkey Sandwich Crunchy Celery Sticks with Ranch Raisins/Cranberries		

Jr. High \$2.80
Milk .50¢

Entrées Available Daily

Burger Varieties

**Chicken Sandwich
Varieties**

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!