



November Morton Jr. High Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4	5	6
		Turkey Nachos Or Crispy Chicken Salad with Croutons Vegetable of the Day Fruit Serving	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Or Bean & Cheese Dip with Nacho Chips—V Vegetable of the Day Fruit Serving
9	10	11 No School	12	13
Cheeseburger Or Crispy Chicken Caesar Pita Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Or Cheese Sticks - V Vegetable of the Day Fruit Serving		Pizza Dippers w/Marinara Sauce Or Turkey Sandwich Vegetable of the Day Fruit Serving	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —V Vegetable of the Day Fruit Serving
16	17	18	19	20
Hot Dog Or Cheddar Cheese Stick—V Goldfish Pretzels Hard Boiled Egg Vegetable of the Day Fruit Serving	Chicken Sandwich Or Crispy Chicken Roll-Up Vegetable of the Day Fruit Serving	Turkey Soft Tacos Or Hot Ham & Cheese Sandwich —V Vegetable of the Day Fruit Serving	Thanksgiving Turkey in Gravy Over Mashed Potatoes Or Chicken Nuggets Vegetable of the Day Fruit Serving	Grilled Cheese Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving
23	24	25 No School	26 No School	27 No School
Chicken Tenders Or Yogurt Pack —V Strawberry Yogurt Cheese Stick Cinnamon Roll Vegetable of the Day Fruit Serving	Chicken Sandwich Or Sun Butter & Jelly Sandwich —V Vegetable of the Day Fruit Serving			
30	<div>EARN EXTRA \$\$\$.....NOW HIRING FOR FOOD SERVICE SUBSTITUTE POSITIONS. FOR MORE INFORMATION CALL KRISTINA AT: 309-284-6320</div>			
Mini Corn Dogs Or Grilled Cheese Sandwich —V Vegetable of the Day Fruit Serving				

**FREE
MEALS**

**To All Children
18 and Under**

Entrées Available Daily
Chicken Sandwich Varieties
Grilled Burger Varieties
Pizza Varieties

Included with Every Meal
Fruit and Vegetable
1% or Fat-Free Milk

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!

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