



August 2021 Morton JH School Lunch



**FREE
MEALS**
To All Children
18 and Under

FEATURES

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
				*BBQ Pork Rib Sandwich Cheesy Au Gratin Potatoes Fresh Made Coleslaw Fruit of the Day
16	17	18	19	20
Chicken Parmesan Sandwich Seasoned Green Beans Baby Carrots Fruit of the Day	Beef Soft Tacos Fajita Peppers Black Beans Fruit of the Day	Creamy Mac & Cheese Soft Pretzel Rod Steamed Broccoli Sliced Cucumbers Fruit of the Day	Chipotle Chicken Burrito Bowl w/ Cilantro Lime Rice Baby Carrots Fruit of the Day	Hot Turkey & Cheese Melt Smiley Fries Grape Tomatoes Fruit of the Day
23	24	25	26	27
Chicago Style All Beef Hot Dog Baked Beans Grape Tomatoes Fruit of the Day	Chicken Drumstick Dinner Roll Cheesy Au Gratin Potatoes Sliced Bell Peppers Fruit of the Day	Maple Pancake Turkey Sausage Bites Orange Glazed Carrots Broccoli Florets Fruit of the Day	Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy Baby Carrots Fruit of the Day	"Say Cheese" Toasted Sandwich Tomato Soup Romaine Salad Fruit of the Day
30	31			
Homemade Beef & Bean Enchilada Chili Lime Sweet Corn Cauliflower Florets Fruit of the Day	Chicken Tenders & Belgian Waffle Tater Tot Baby Carrots Fruit of the Day			
Popcorn Chicken Salad	Southwest Chicken Salad	Chef Salad	Chicken Caesar Salad	Tuna Salad
Chicken & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées

**Cheeseburgers
Chicken Sandwiches
Pizza Selection
Cheesy Nachos**

Included with Every Meal
Fruit and Vegetable
Choice of Milk

V= Vegetarian

(*) Contains or may contain Pork

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
- ✓ Plant based entrée options

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.