



February 2022 Morton JH School Lunch

**FREE
MEALS
To All Enrolled
Students**

FEATURES

We are Hiring!
We Need Cooks, Managers,
Food Servers and Drivers!
You will love the work
schedule!
No nights or weekends!
Holidays off!
Apply Online at:
www.arbormgt.com/careers
Scan Me To Apply!



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Creamy Mac & Cheese-V Soft Pretzel Rod Vegetable of the Day Fruit of the Day	2 Early Dismissal	3 Chipotle Chicken Burrito Bowl Vegetable of the Day Fruit of the Day	4 Hot Ham & Cheese Melt Vegetable of the Day Fruit of the Day
7 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	8 Chicken Drumstick Dinner Roll Vegetable of the Day Fruit of the Day	9 Pancakes Scrambled Eggs Vegetable of the Day Fruit of the Day	10 Popcorn Chicken Bowl Vegetable of the Day Fruit of the Day	11 "Say Cheese" Toasted Sandwich-V Vegetable of the Day Fruit of the Day
14 Homemade Beef & Bean Enchilada Vegetable of the Day Fruit of the Day	15 Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	16 Rotini & Meatballs Dinner Roll Vegetable of the Day Fruit of the Day	17 Walking Taco Nachos Vegetable of the Day Fruit of the Day	18 Spicy Chicken Sandwich Vegetable of the Day Fruit of the Day
21 No School	22 Mini Corn Dogs Vegetable of the Day Fruit of the Day	23 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day Fruit of the Day	24 Homemade Cheese Quesadilla-V Vegetable of the Day Fruit of the Day	25 Yang's Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day
28 Crispy Chicken Tenders Soft Pretzel Rod Vegetable of the Day Fruit of the Day				
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées

**Cheeseburgers
Chicken Sandwiches
Pizza Selection
Cheesy Nachos
Sunbutter and Jelly
Sandwich**

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!

Please note: Due to national supply chain
disruptions and shortages, we may have
to make changes to our menus with little
or no notice. Please know that we are
doing our best to serve meals as
planned. Substitution of menu items will
be communicated. We apologize in ad-
vance and thank you for understand-
ing! This institution is an equal opportunity
employer.