



arbor Management Inc.



AUGUST 2017 Morton Junior High Lunch Menu



Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

Arbor Management

Make Choices for a Healthy Lifestyle!

Questions about the menu?

Kristina Klein,
Food Service Director
@ 309-284-6320

Comprehensive nutrition & allergy guides are available.

This menu follows USDA National School Lunch Program guidelines. This institution is an equal opportunity provider & employer.

Lunch \$2.55 Milk 50¢

	Monday August 14	Tuesday August 15	Wednesday August 16	Thursday August 17	Friday August 18	DAILY
Daily Special		Teacher Institute No School	Half Day No Lunch	Welcome Back Party Macaroni & Cheese** V	Crispy Chicken Melt	FRUIT & VEGETABLE BAR AVAILABLE DAILY Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce Students may choose 1 Fruit Serving & 3 Vegetable Servings
Hot Sandwiches				Spicy Chicken	Hot Dog	
Pizzas				Cheeseburger	Hamburger	
				Cheesy Garlic Flatbread V	Cheese V	
Hot and Fresh Vegetables						
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					Farm Fresh Produce <i>featuring...</i> Did you know most tomatoes are red, but they come in almost every color of the rainbow? V=vegetarian option available *Contains or may contain pork ingredients **Whole grain bread offered
Grab 'N Go				Chicken Caesar Salad	Chef Salad	
				*Ham & Cheese On Sub Bun	Crispy Chicken Wrap	



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	Monday August 21	Tuesday August 22	Wednesday August 23	Thursday August 24	Friday August 25
Daily Special	Chicken Alfredo**	Cookie Bite Day Mini Corn Dogs	Taco Bake**	Hamburger Pony Shoe	Chicken Popper Basket
Hot Sandwiches	Spicy Chicken	Corn Dog	Hamburger	Crispy Chicken	Grilled Chicken
	Cheeseburger	Crispy Chicken	Hot Dog	Cheeseburger	Hamburger
Pizzas	Cheese V	Bosco Sticks V	Cheese V	Cheesy Garlic Flatbread V	Cheese V
	Sausage	Pepperoni	Pepperoni	Sausage	Pepperoni
Hot and Fresh Vegetables	Seasoned Black Beans Mexicali Corn Salsa	Potato Puffs Garden Peas Cucumbers	Seasoned Green Beans Garlic Roasted Carrots Broccoli	Krinkle Cut Fries Celery Sticks Cherry Tomatoes	Broccoli Buds Baby Carrots Mixed Vegetables
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad	Caesar Salad V	Buffalo Chicken Salad	Chicken Caesar Salad	Chef Salad
	Sunbutter & Jelly Sandwich V	Chicken Salad Sandwich	Turkey & Cheese Sandwich	*Ham & Cheese On Sub Bun	Crispy Chicken Wrap

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FRUIT & VEGETABLE BAR AVAILABLE DAILY
Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce
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featuring...



Did you know most tomatoes are red, but they come in almost every color of the rainbow?

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	Monday August 28	Tuesday August 29	Wednesday August 30	Thursday August 31	Friday September 1
Daily Special	*BBQ Rib Patty	Western Burger	Popcorn Chicken w/Waffle	Brownie Bite Day Nachos Supreme	Chicken Tenders**
Hot Sandwiches	Crispy Chicken	Hot Dog	Spicy Chicken	Fiesta Tacos	Hamburger
	Cheese Quesadilla V	Grilled Chicken	Cheeseburger	Crispy Chicken	Spicy Chicken
Pizzas	Cheese V	Bosco Sticks V	Cheese V	Bosco Sticks V	Cheese V
	Sausage	Pepperoni	Sausage	Pepperoni	Pepperoni
Hot and Fresh Vegetables	Oven Fries Golden Corn Sliced Tomatoes	Tangy Baked Beans Garden Peas Broccoli	Green Beans Potato Puffs Baby Carrots	Fiesta Beans Salsa Shredded Lettuce	Mashed Potatoes w/Gravy Romaine Salad Carrot Sticks
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad	Caesar Salad V	Buffalo Chicken Salad	Chicken Caesar Salad	Chef Salad
	Sunbutter & Jelly Sandwich V	Chicken Salad Sandwich	Turkey & Cheese Sandwich	*Ham & Cheese On Sub Bun	Crispy Chicken Wrap

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