



arbor Management Inc.



DECEMBER 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	Tuesday	Wednesday	Thursday	Friday December 1	DAILY
Daily Special					Fiesta Nachos Supreme	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					Cheese Quesadilla V	
					Grilled Chicken	
Pizzas					Cheese V	
					*Sausage	
Hot and Fresh Vegetables					Seasoned Black Beans Shredded Lettuce Salsa	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go					Chef Salad	V=vegetarian option available *Contains or may contain pork ingredients **Whole grain bread offered
					Crispy Chicken Wrap	



featuring...



Squash contains healthy Omega-3 and Omega-6 that your brain and nerves need to talk to your body.



Menu changes may be necessary. Notice will be given when possible.



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	Monday December 4	Tuesday December 5	Wednesday December 6	Thursday December 7	Friday December 8	DAILY
Daily Special	Salisbury Steak**	Walking Tacos	Pancakes w/*Sausage Patty	Brownie Bite Day 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 Cheeseburger	Hamburger Crispy Chicken	Grilled Chicken *Hot Ham & Cheese	Spicy Chicken Cheeseburger	Hot Dog Hamburger	
Pizzas	Cheese V *Sausage	Bosco Sticks V Pepperoni	Cheese V Pepperoni	Cheesy Garlic Flatbread V *Sausage	Cheese V Pepperoni	<p>featuring...</p> <p>Squash</p> <p>Squash contains healthy Omega-3 and Omega-6 that your brain and nerves need to talk to your body.</p> <p>V=vegetarian option available *Contains or may contain pork ingredients **Whole grain bread offered</p>
Hot and Fresh Vegetables	Mashed Potatoes w/Gravy Golden Corn Baby Carrots	Broccoli Buds Fiesta Beans Shredded Lettuce	Potato Puffs Green Beans Broccoli	Tangy Baked Beans Glazed Carrots Cucumber	Oven Fries Garden Peas Cherry Tomatoes	
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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	Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14	Friday December 15
Daily Special	Tuna & Noodles** V	Mini Corn Dogs	Cookie Bite Day 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	Steamed Broccoli Golden Corn Fresh Spinach	Tangy Baked Beans Garden Peas Cucumbers	Seasoned Green Beans Roasted Garlic Carrots Broccoli	Krinkle Cut Fries Celery Sticks Cherry Tomatoes	Potato Puffs 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

DAILY

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



featuring...



Squash

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V=vegetarian option available
*Contains or may contain pork ingredients
**Whole grain bread offered



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	Monday December 18	Tuesday December 19	Wednesday December 20	Thursday December 21	Friday December 22	DAILY
Daily Special	Brownie Bite Day *BBQ Rib Patty	Western Burger	Popcorn Chicken w/Waffle	Winter Wonderland Day Fiesta Nachos Supreme	NO LUNCH HALF-DAY	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	Crispy Chicken Cheese Quesadilla V	Hot Dog Grilled Chicken	Spicy Chicken Cheeseburger	Fiesta Tacos Crispy Chicken		
Pizzas	Cheese V *Sausage	Bosco Sticks V Pepperoni	Cheese V *Sausage	Bosco Sticks V Pepperoni		<p>featuring...</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <h2>Squash</h2> </div> <p>Squash contains healthy Omega-3 and Omega-6 that your brain and nerves need to talk to your body.</p> <p>V=vegetarian option available *Contains or may contain pork ingredients **Whole grain bread offered</p>
Hot and Fresh Vegetables	Oven Fries Golden Corn Sliced Tomatoes	Tangy Baked Beans Garden Peas Broccoli	Green Beans Potato Puffs Baby Carrots	Fiesta Beans V Salsa Shredded Lettuce		
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		
	Sunbutter & Jelly Sandwich V	Chicken Salad Sandwich	Turkey & Cheese Sandwich	*Ham & Cheese On Sub Bun		

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	Monday December 25	Tuesday December 26	Wednesday December 27	Thursday December 28	Friday December 29	DAILY
Daily Special	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	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						
Pizzas						<p>featuring...</p> <h2>Squash</h2> <p>Squash contains healthy Omega-3 and Omega-6 that your brain and nerves need to talk to your body.</p> <p>V=vegetarian option available *Contains or may contain pork ingredients **Whole grain bread offered</p>
Hot and Fresh Vegetables						
Fruit						
Grab 'N Go						



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Arbor Fun Page



Fruit & Veggie of the Month

Word Search

DECEMBER **SQUASH**
PEAR **BUTTERNUT**
FIBER **ACORN**
ANTI-BAC **VITAMIN A**

D O C D H I K Q N M
 E W Z V A C O R N O
 C T O G G E T R E L
 E V X B E O R S I A
 M U I V P H J Q R N
 B U T T E R N U T T
 E O R I A C B A P I
 R M E P R M D S K B
 R A B D K O I H H A
 E T I S X A M N S C
 I U F B L Q W N A T



PEAR

Pears are originally from Asia and are closely related to apples (also from Asia!). Pears contain a kind of acid that prevents cancer and is also antibacterial. This acid helps get rid of harmful bacteria in our digestive tract that can cause pain and swelling. The skin of the pear contains a lot of healthy fiber, so make sure you eat the outside! Try different kinds of pears—red, gold, brown—they all taste a little different. Add sliced pears to your salad for a slightly sweet, crunchy bonus!



SQUASH

There are different types of squash that come in different shapes, sizes, and colors. Acorn squash is an acorn-shaped green or yellow one. Butternut squash is large, tan, and shaped like a pear. Spaghetti squash is yellow and is stringy like a plate of spaghetti. Pumpkin is even a squash, so if you like pumpkin, that means you like squash! Winter squash, like pumpkin, get their color from carotenes, which can become vitamin A in your body—a key nutrient for great night vision and healthy skin. Try squash roasted, steamed, or raw on salad!