



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 <b>Grandparents' Day</b>
		Popcorn Chicken Bowl Mashed Potatoes	Fluffy Pancakes w/*Sausage Oven Fries	Turkey w/Gravy** Mashed Potatoes Green Beans Apple Crisp
6	7 <b>Cookie Bite Day</b>	8	9	10
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Home Style Chicken & Noodles w/Biscuit	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza
13	14	15	16 <b>Cookie Bite Day</b>	17
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	Italian Spaghetti & Meat Sauce** w/Garlic Bread Steamed Broccoli	Mini Corn Dogs w/Spicy Ketchup Potato Puffs	Cheezy Garlic Flatbread Golden Corn
20 <b>Cookie Bite Day</b>	21	22	23	24
*BBQ Rib Patty Sandwich Veggie Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Half Day/Last Day No Lunch
27	28	29	30	31

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Chicken or Spicy Chicken Sandwich  
Grilled Burgers & Sunbutter & Jelly Sandwich**

Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**

V=Vegetarian option available  
 \*\*Served with a roll  
 \*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.



Morton  
Junior High School  
May 2019

**Lunch**  
**\$2.65**  
 Milk is included  
 With Meal

**Milk**  
**\$0.50**  
 A Variety of Milk is  
 Available Daily

**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!**

  
[arbormgt.com](http://arbormgt.com)



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?  
 Kristina Klein  
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 309-284-6320

Comprehensive nutrition & allergy guides are available in the Foodservice Office.