



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No School	3 Brownie Bite Day Fiesta Nachos Supreme Refried Beans	4 Half Day No Lunch	5 Crispy Chicken Tenders** Oven Fries	6 Stuffed Italian Pizza w/Marinara Steamed Broccoli
9 Macaroni & Cheese** Glazed Carrots	10 Walking Tacos Seasoned Black Beans	11 Popcorn Chicken** Mashed Potatoes w/Gravy	12 Fluffy Pancakes w/**Sausage Oven Fries	13 Cookie Bite Day Pizza Dippers w/Garden Marinara Romaine Salad
16 *Juicy Bacon Cheeseburger Golden Corn	17 Fiesta Nachos Supreme Refried Beans	18 Brownie Bite Day Home Style Chicken & Noodles w/Biscuit	19 French Toast Sticks w/Sausage & Syrup Potato Puffs	20 Homemade Buffalo Chicken Pizza
23 Cookie Bite Day Parmesan Chicken Melt Oven Fries	24 Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	25 Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	26 Mini Corn Dogs w/Spicy Ketchup Potato Puffs	27 Cheezy Garlic Flatbread Golden Corn
30 *BBQ Rib Patty Sandwich Veggie Beans				

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



V=Vegetarian option available
**Served with whole grain bread
*Contains or may contain pork ingredients.

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



Morton
Junior High School
September 2019

Lunch
\$2.80

Milk is included
with Lunch

Milk
\$0.50

A Variety of Milk
is Offered 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!



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

Questions about the menu?
Kristina Klein
kristina.klein@mcusd709.org
309-284-6320

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