



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheezy Garlic Flatbread Golden Corn
4 *BBQ Rib Patty Sandwich Veggie Beans	5 <b>Cookie Bite Day</b> Taco Pretzel w/Taco Meat & Cheese Golden Corn	6 Half Day No Lunch	7 Chicken Nuggets w/Waffle & Syrup Potato Puffs	8 Hot Diggity Dog w/Chili Garden Peas
11 Veteran's Day No School	12 Fiesta Nachos Supreme Refried Beans	13 <b>Brownie Bite Day</b> Chicken Alfredo Garlic Bread Glazed Carrots	14 Crispy Chicken Tenders** Oven Fries	15 Stuffed Italian Pizza w/Marinara Steamed Broccoli
18 <b>Cookie Bite Day</b> Macaroni & Cheese** Glazed Carrots	19 Walking Tacos Seasoned Black Beans	20 Popcorn Chicken** Mashed Potatoes w/Gravy	21 Fluffy Pancakes w/**Sausage Oven Fries	22 <b>Thanksgiving Meal</b> Roasted Turkey in Gravy** Mashed Potatoes Baked Cinnamon Apples
25 *Juicy Bacon Cheeseburger Golden Corn	26 <b>Brownie Bite Day</b> Fiesta Nachos Supreme Refried Beans	27 No School Thanksgiving Break	28 No School Thanksgiving Break	29 No School Thanksgiving Break

Fresh Fruit & Veggie Bar available daily with all lunches

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

Monday	Tuesday	Wednesday	Thursday	Friday
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  
November 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.