



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
2	3 Cookie Bite Day	4	5	6
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese	Half Day No Lunch	Mini Corn Dogs w/Spicy Ketchup Potato Puffs	Cheezy Garlic Flatbread Golden Corn
9	10	11 Way Cool Wednesday	12 Breakfast for Lunch	13 Brownie Bite Day
*BBQ Rib Patty Sandwich Veggie Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Salisbury Steak** Mashed Potatoes w/Gravy Blue Raspberry	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
16 Cookie Bite Day	17	18 Way Cool Wednesday	19 Winter Wonderland	20
Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo Garlic Bread Glazed Carrots Kiwi Strawberry Slush	Crispy Chicken Tenders** Oven Fries	Half Day No Lunch
23	24	25	26	27
No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
30	31			
No School Christmas Break	No School Christmas Break			
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 December 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!

arbor online
arbor.mgt.com

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.