



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

Daily Special

Daily Choices

NEW! Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No School Christmas Break	No School Christmas Break	No School Christmas Break
6	7	8	9	10
Pizza Burger Oven Fries	Soft Shell Tacos Seasoned Black Beans	Half Day No Lunch	Birthday Cookies Mini Corn Dogs w/Spicy Ketchup Potato Puffs	Cheezy Garlic Flatbread Golden Corn
13	14	15	16	17
*BBQ Rib Patty Sandwich Veggie Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Way Cool Wednesday Salisbury Steak** Mashed Potatoes w/Gravy Blue Raspberry Slushie	Breakfast for Lunch Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
20	21	22	23	24
No School Martin Luther King Jr. Day	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo w/Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
27	28	29	30	31
Macaroni & Cheese** Glazed Carrots	Walking Taco Scoops Seasoned Black Beans	Way Cool Wednesday Popcorn Chicken** Mashed Potatoes w/Gravy Kiwi Strawberry Slush	Breakfast for Lunch Fluffy Pancakes w/**Sausage Oven Fries	Pizza Dippers w/Garden Marinara Romaine Salad
Crispy Chicken or Spicy Chicken Sandwich Grilled Burgers, Plant Based Burger Sunbutter & Jelly Sandwich				
NEW Plant Based- Meatless Meatball Sub	NEW Plant Based Buddha Bowl	NEW Plant Based Lentil Pasta Marinara	NEW Plant Based Chicken-less Nuggets	NEW Plant Based Southwest Chicken-less Wrap
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 a roll  
\*Contains or may contain pork ingredients.

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



Morton  
Junior High  
January 2020

**Lunch \$2.80**  
Milk is Included  
With Meal

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

Fresh Fruit & Veggie Bar available  
daily with all lunches

**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
- ✓ Plant based options available

*~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  
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309-284-6320

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