



Daily Special
Includes fruit and vegetable choices,
whole grain breads or rolls, and milk

Daily
Choices

NEW!
Plant
Based

Pizza
Choices

Fresh
Deli

Fresh
Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 Cookie Bite Day Homemade Macaroni & Cheese** Glazed Carrots	3 <i>Walking Taco Scoops</i> Seasoned Black Beans	4 Half Day No Lunch	5 Breakfast for Lunch Fluffy Pancakes w/**Sausage Oven Fries	6 Half Day No Lunch
9 *Juicy Bacon Cheeseburger Golden Corn	10 Fiesta Nachos Supreme Refried Beans	11 <i>Way Cool Wednesday</i> <i>Chicken Pot Pie w/Whole Grain Biscuit</i> Roasted Broccoli Blue Raspberry Slushie	12 Breakfast for Lunch French Toast Sticks w/Sausage & Syrup Potato Puffs	13 Brownie Bite Day Homemade Buffalo Chicken Pizza Savory Green Beans
16 <i>Pizza Burger</i> Oven Fries	17 St. Patrick's Day Soft Shell Tacos Seasoned Black Beans	18 Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	19 Cookie Bite Day Mini Corn Dogs w/Spicy Ketchup Potato Puffs	20 Taste Test Day Cheezy Garlic Flatbread Golden Corn
23 *BBQ Rib Sandwich Sweet Mashed Potatoes	24 Brownie Bite Day Taco Pretzel w/Taco Meat & Cheese Refried Beans	25 <i>Way Cool Wednesday</i> Savory Salisbury Steak** Mashed Potatoes w/Gravy Kiwi Strawberry Slushie	26 Breakfast for Lunch Chicken Nuggets w/Belgian Waffle & Syrup Potato Puffs	27 Hot Diggity Dog w/Chili Garden Peas
30 Cookie Bite Day Zesty Western BBQ Burger Baked Vegetarian Beans	31 Fiesta Nachos Supreme Chili Lime Sweet Corn	<div style="border: 1px solid red; padding: 5px;"> HELP WANTED! NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL KRISTINA AT: 309-284-6320 </div>		
Crispy Chicken or Spicy Chicken Sandwich Grilled Burgers, Our New—Plant Based Burger Sunbutter & Jelly Sandwich				
NEW Plant Based Meat-less 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
March 2020

Lunch \$2.80
Milk is Included
With Meal

Milk \$0.50
A Variety of Milk is
Offered Daily

**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
kristina.klein@mcusd709.org
309-284-6320

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