



# December Morton Jr. High Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Fajita w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Half Day  No Lunch	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Or Bean & Cheese Dip with Nacho Chips—V Vegetable of the Day Fruit Serving
7	8	9	10	11
Cheeseburger Or Crispy Chicken Salad Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Or Cheese Sticks Graham Bears - V Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap—V Vegetable of the Day Fruit Serving	Pizza Dippers w/Marinara Sauce—V Or Turkey Sandwich Vegetable of the Day Fruit Serving	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —V Vegetable of the Day Fruit Serving
14	15	16	17	18
Hot Dog Or Cheddar Cheese Stick—V Goldfish Pretzels Hard Boiled Egg Vegetable of the Day Fruit Serving	Chicken Sandwich Or Crispy Chicken Roll-Up Vegetable of the Day Fruit Serving	Turkey Soft Tacos Or Hot Ham & Cheese Sandwich Vegetable of the Day Fruit Serving	Chicken Nuggets Or Chef Salad w/Whole Grain Tortilla Vegetable of the Day Fruit Serving	Half Day  No Lunch
21 Remote Meals	22 No School	23 No School	24 No School	25 No School
Chicken Tenders Vegetable of the Day Fruit Serving  Monday Pick up For the Week	Chicken Sandwich Vegetable of the Day Fruit Serving	Fiesta Nachos Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Vegetable of the Day Fruit Serving	Cheese Pizza Vegetable of the Day Fruit Serving
28 Remote Meals	29 No School	30 No School	31 No School	
Mini Corn Dogs Vegetable of the Day Fruit Serving  Monday Pick up For the Week	Hamburger Vegetable of the Day Fruit Serving	Soft Shell Tacos Vegetable of the Day Fruit Serving	Chicken Nuggets Vegetable of the Day Fruit Serving	

**FREE  
MEALS**  
**To All Children  
18 and Under**

Entrées Available Daily  
Chicken Sandwich Varieties  
Grilled Burger Varieties  
Pizza Varieties

Included with Every Meal  
Fruit and Vegetable  
1% or Fat-Free Milk

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!

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

\*Contains or may contain pork