



January Morton Jr. High Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
				*BBQ Rib Sandwich Vegetable of the Day Fruit Serving Remote Meal Picked up 12/28
4	5	6	7	8
No School Institute Day No Lunch	French Toast Sticks w/Turkey Sausage Or Cheese Sticks Graham Bears - ✓ Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap—✓ Vegetable of the Day Fruit Serving	Pizza Dippers w/Marinara Sauce—✓ Or Turkey Sandwich Vegetable of the Day Fruit Serving	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —✓ Vegetable of the Day Fruit Serving
11	12	13	14	15
Hot Dog Or Cheddar Cheese Stick—✓ 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	Grilled Cheese Sandwich—✓ Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving
18	19	20	21	22
No School Martin Luther King Jr. Day	Chicken Sandwich Or Sunbutter & Jelly Sandwich—✓ Vegetable of the Day Fruit Serving	Turkey Nachos Or Turkey Sandwich Vegetable of the Day Fruit Serving	*Grilled Chicken Bacon Melt Or Chicken Salad w/Pita Vegetable of the Day Fruit Serving	Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara —✓ Vegetable of the Day Fruit Serving
25	26	27	28	29
Mini Corn Dogs Or Grilled Cheese Sandwich—✓ Vegetable of the Day Fruit Serving	Chicken Fajitas w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Turkey Nachos Or Crispy Chicken Salad Vegetable of the Day Fruit Serving	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Or Bean & Cheese Dip w/Nacho Chips—✓ 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-

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

*Contains or may contain pork

Make Choices for a Healthy Lifestyle!

arbor online
arboronline.com

For more information or to "Ask the Dietitian", check out our website!