



# May Morton Jr. High Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog Or Cheddar Cheese Stick—V Goldfish Pretzels Hard Boiled Egg Vegetable of the Day Fruit Serving	4 Chicken Sandwich Or Crispy Chicken Roll-Up Vegetable of the Day Fruit Serving	5 Half Day No Lunch	6 Chicken Nuggets Or Chef Salad w/Whole Grain Tortilla Vegetable of the Day Fruit Serving	7 Cheese Pizza—V Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving
10 *BBQ Rib Sandwich Or Yogurt Pack—V Strawberry Yogurt Cheese Stick Cinni Mini Vegetable of the Day Fruit Serving	11 Chicken Sandwich Or Chili Cheese Fries Vegetable of the Day Fruit Serving	12 Cheesy Beef Nachos Or Pizza Burger Vegetable of the Day Fruit Serving	13 <b>Step Up Day</b> *Crispy Chicken Bacon Melt Or BBQ Chicken Sandwich Vegetable of the Day Fruit Serving	14 <b>Step Up Day</b> Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara —V Vegetable of the Day Fruit Serving
17 Pizza Dippers w/Marinara Sauce Vegetable of the Day Fruit Serving	18 French Toast Sticks & Turkey Sausage Vegetable of the Day Fruit Serving	19 Jumbo Corn Dog Vegetable of the Day Fruit Serving	20 Last Day Half Day No Lunch	21
24 <b>Free Summer Meals</b> Grilled Cheese Sandwich—V Vegetable of the Day Fruit Serving	25 Chicken Nuggets Vegetable of the Day Fruit Serving	26 Hot Dog Vegetable of the Day Fruit Serving	27 Cheese Pizza—V Vegetable of the Day Fruit Serving	28 Yogurt Pack—V Strawberry Yogurt Cheese Stick Cinni Mini Vegetable of the Day Fruit Serving
31 <b>Free Summer Meals</b> Hamburger 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**

**Now Hiring For Food  
Service  
Positions**

**Contact Kristina  
Klein at**

**309-284-6320**

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!**

Menu changes are occasionally necessary. Notice will be given when possible. This institution is equal opportunity employer.  
\*Contains or may contain pork

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

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