

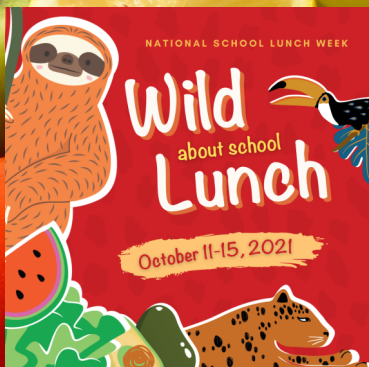


# October 2021 Morton JH School Lunch



**FREE  
MEALS**  
To All Enrolled  
Students

**FEATURES**



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot Turkey & Cheese Melt Vegetable of the Day Fruit of the Day
4 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	5 Chicken Drumstick Dinner Roll Vegetable of the Day Fruit of the Day	6 Half Day No Lunch Service	7 Popcorn Chicken Bowl Vegetable of the Day Fruit of the Day	8 "Say Cheese" Toasted Sandwich- V Vegetable of the Day Fruit of the Day
11 No School	12 Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	13 Rotini & Meatballs Dinner Roll Vegetable of the Day Fruit of the Day	14 Walking Taco Nachos Vegetable of the Day Fruit of the Day	15 Half Day No Lunch Service
18 Yogurt Fun Brunch-V Vegetable of the Day Fruit of the Day	19 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	20 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day	21 No School	22 No School
25 Crispy Chicken Tenders Soft Pretzel Rod Vegetable of the Day Fruit of the Day	26 Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	27 Cheese Ravioli-V Garlic Bread Vegetable of the Day Fruit of the Day	28 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	29 Italian Meatball Sub Vegetable of the Day Fruit of the Day
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

## Daily Entrées

**Cheeseburgers  
Chicken Sandwiches  
Pizza Selection  
Cheesy Nachos  
Sunbutter and Jelly Sandwich**

Included with Every Meal  
**Fruit and Vegetable  
Choice of Milk**

**V= Vegetarian**

(\*) Contains or may contain Pork

## 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 entrée options**

*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.