



# November 2021 Morton JH School Lunch



**FREE  
MEALS**  
To All Enrolled  
Students



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Corn Dogs Vegetable of the Day Fruit of the Day	2 Fajita Chicken Quesadilla Vegetable of the Day Fruit of the Day	3 Early Dismissal	4 Savory Salisbury Steak Whole Grain Biscuit Vegetable of the	5 *BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day
8 Chicken Parmesan Sandwich Vegetable of the Day Fruit of the Day	9 Beef Soft Tacos Vegetable of the Day Fruit of the Day	10 Creamy Mac & Cheese-V Soft Pretzel Rod Vegetable of the Day Fruit of the Day	11 No School	12 Hot Turkey & Cheese Melt Vegetable of the Day Fruit of the Day
15 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	16 Roasted Turkey w/ Dinner Roll, Mashed Potatoes w/Gravy, Cinnamon Baked Apples	17 Maple Pancake Sausage Bites Vegetable of the Day Fruit of the Day	18 Popcorn Chicken Bowl Vegetable of the Day Fruit of the Day	19 "Say Cheese" Toasted Sandwich-V Vegetable of the Day Fruit of the Day
22 Homemade Beef & Bean Enchilada Vegetable of the Day Fruit of the Day	23 Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	24 No School	25 No School	26 No School
29 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	30 Yogurt Fun Brunch-V 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.