



January 2022 Morton JH School Lunch



**FREE
MEALS
To All Enrolled
Students**

FEATURES

We are Hiring!
We Need Cooks, Managers,
Food Servers and Drivers!
You will love the work
schedule!
No nights or weekends!
Holidays off!
Apply Online at:
www.arbormgt.com/careers
Scan Me To Apply!



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 No School	5 No School	6 No School	7 No School
10 Early Dismissal	11 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	12 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day Fruit of the Day	13 Homemade Cheese Quesadilla-V Vegetable of the Day Fruit of the Day	14 Yang's Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day
17 No School	18 Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	19 Cheese Ravioli-V Garlic Bread Vegetable of the Day Fruit of the Day	20 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	21 Italian Meatball Sub Vegetable of the Day Fruit of the Day
24 Mini Corn Dogs Vegetable of the Day Fruit of the Day	25 Fajita Chicken Quesadilla Vegetable of the Day Fruit of the Day	26 Penne Pasta Bolognese Garlic Bread Vegetable of the Day	27 Savory Salisbury Steak Whole Grain Biscuit Vegetable of the	28 *BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day
31 Chicken Parmesan Sandwich 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.