



**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

May Morton JH School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	3 Chicken Drumstick Dinner Roll Vegetable of the Day Fruit of the Day	4 Half Day	5 Popcorn Chicken Bowl Vegetable of the Day Fruit of the Day	6 Hot Ham & Cheese Sandwich Vegetable of the Day Fruit of the Day
9 Homemade Beef & Bean Enchilada Vegetable of the Day Fruit of the Day	10 Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	11 Rotini & Meatballs Dinner Roll Vegetable of the Day Fruit of the Day	12 Walking Taco Nachos Vegetable of the Day Fruit of the Day	13 Spicy Chicken Sandwich Vegetable of the Day Fruit of the Day
16 Chicken Fajita Burrito Vegetable of the Day Fruit of the Day	17 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	18 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day Fruit of the Day	19 Homemade Cheese Quesadilla-V Vegetable of the Day Fruit of the Day	20 BBQ Pork Sandwich Vegetable of the Day Fruit of the Day
23 Chef's Choice Vegetable of the Day Fruit of the Day	24 Chef's Choice Vegetable of the Day Fruit of the Day	25 Chef's Choice Vegetable of the Day Fruit of the Day	26 Chef's Choice Vegetable of the Day Fruit of the Day	27
30	31			
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
Ham or Turkey &
Cheese 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!



Please note: Due to national supply chain
disruptions and shortages, we may have
to make changes to our menus with little
or no notice. Please know that we are
doing our best to serve meals as
planned. Substitution of menu items will
be communicated. We apologize in ad-
vance and thank you for understand-
ing! This institution is an equal opportunity
employer.