

Morton School District Elementary Lunch Menu

SEPTEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Celebrate Apples	5	6 Lucky Tray Day	7 Cookie Bite Day
No School Labor Day	Nacho Supreme w/Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Zesty Salsa Cinnamon Applesauce	Belgium Waffles w/Sausage Patty & Syrup Or Juicy Cheeseburger Potato Puffs Shredded Lettuce 100% Fruit Juice	**Seasoned Chicken Tenders Or Grilled Cheese Sandwich Mashed Potatoes w/Gravy Carroteenies w/dip Fresh Red Apple	Pizza Dippers w/Garden Marinara Or Hot Diggity Dog Garden Peas Sliced Cucumbers
10	11 Brownie Bite Day	12	13 Celebrate Apples	14 Lucky Tray Day
*Bacon Cheeseburger Or Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	Chicken Quesadilla Or Jumbo Corn Dog BBQ Baked Beans Fresh Pico Salsa Sweet Pears	Macaroni & Cheese w/roll Or Crispy Chicken Sandwich Potato Puffs Tiny Tomatoes 100% Fruit Juice	Chicken Nuggets W/Waffle Or Yogurt & Cheese Fun Meal Mashed Potatoes w/Gravy Broccoli Buds Hot Baked Apples	Homemade Cheese Pizza Or Chili Cheese Dog Golden Corn Carroteenies w/dip Juicy Mixed Fruit
17	18 Lucky Tray Day	19 Celebrate Apples	20 Cookie Bite Day	21 Celebrate Apples
Fluffy Pancakes w/Sausage Patty & Syrup Or Meatball Bomber Sub Oven Fries Sliced Cucumbers Chilled Peaches	Taco Pretzel Dipper w/Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Fresh Zesty Salsa Cinnamon Pears	Mini Corny Corn Dogs Or **Chicken Alfredo Bake Romaine Salad w/Dressing Tiny Tomatoes Fresh Red Apple	**Popcorn Chicken Bowl Or *BBQ Rib Sandwich Mashed Potatoes w/Gravy Carroteenies w/Dip 100% Fruit Juice	*Homemade Sausage Pizza Or Hot Diggity Dog Seasoned Green Beans Broccoli Buds Cinnamon Applesauce
24 Celebrate Apples	25 Brownie Bite Day	26 Celebrate Apples	27 Lucky Tray Day	28 Celebrate Apples
Western BBQ Burger Or Mini Corny Corn Dogs Steamed Broccoli Carroteenies w/Dip Strawberry Applesauce	Soft Shell Tacos Or **Chili Cheese Fries Glazed Carrots Sliced Cucumber Chilled Peaches	**Seasoned Chicken Tenders Or **Salisbury Steak Mashed Potatoes w/Gravy Sweet Corn Fresh Red Apple	French Toast Sticks w/Sausage Patty & Syrup Or Turkey and Cheese Sub Potato Puffs Tiny Tomatoes 100% Fruit Juice	Pizza Dippers w/Garden Marinara Or Crispy Chicken Sandwich BBQ Baked Beans Broccoli Buds Hot Baked Apples

Lunch \$2.55	Milk \$0.50
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Questions about the menu?
Kristina Klein
kristina.klein@mcusd709.org
309-284-6320

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




Available Daily:

**CRISPY CHICKEN SALAD
OR
CORN DOG**

(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally
necessary. Notice will be given when
possible.

This institution is an equal opportunity
employer.





Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School Labor Day	4 Cookie Bite Day Fiesta Nachos Supreme Refried Beans	5 Home Style Chicken & Noodles w/Biscuit Broccoli	6 French Toast Sticks w/Sausage & Syrup Potato Puffs	7 Homemade Buffalo Chicken Pizza Savory Green Beans
10 Parmesan Chicken Melt Oven Fries	11 Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	12 Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	13 Brownie Bite Day Mini Corn Dogs w/Spicy Ketchup Potato Puffs	14 Cheezy Garlic Flatbread Golden Corn
17 Apple Celebration *BBQ Rib Patty Sandwich Baked Beans	18 Taco Pretzel w/Taco Meat & Cheese Golden Corn	19 Cookie Bite Day Char Broiled Salisbury Steak** Mashed Potatoes	20 Chicken Nuggets w/Waffle & Syrup Potato Puffs	21 Hot Diggity Dog w/Chili Garden Peas
24 Zesty Western BBQ Burger Potato Puffs	25 Fiesta Nachos Supreme Refried Beans	26 Chicken Alfredo Garlic Bread Glazed Carrots	27 Crispy Chicken Tenders** Oven Fries	28 Brownie Bite Day *Stuffed Italian Pizza w/Marinara Steamed Broccoli
Fresh Fruit & Veggie Bar available daily with all lunches				
Crispy Chicken or Spicy Chicken Sandwich Grilled Burgers & Sunbutter & Jelly Sandwich				
Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**

V=Vegetarian option available
 **Served with a roll
 *Contains or may contain pork ingredients.
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Morton Junior High School September 2018

Lunch
\$2.65

Milk
\$0.50

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!



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 kristina.klein@mcusd709.org
 309-284-6320

Comprehensive
 nutrition & allergy
 guides are
 available in the
 Foodservice Office.



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School Labor Day	4 Cookie Bite Day Fiesta Nachos Supreme Or Chili Cheese Fries**	5 Wing Wednesday or Hot Diggity Dog	6 Toasted Italian Sub Or Chicken Popper Basket	7 Buffalo Chicken Pizza Or Chicken Tenders**
10 Parmesan Chicken Melt Or Jumbo Corn Dog	11 Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	12 Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	13 Sweet & Sour Chicken or Chicken & Vegetable Rice Bowl V	14 Brownie Bite Day Cheezy Garlic Flatbread Or Sriracha Chicken
17 Celebrate Apples All Beef Patty Melt Or Meatball Sub Sandwich	18 Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	19 Cookie Bite Day Char Broiled Salisbury Steak** Or 3 Cheese Panini V	20 Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	21 Homemade Cheese Pizza Or Turkey Club Sandwich
24 Zesty Western BBQ Burger Or Macaroni & Cheese**	25 Brownie Bite Day Fiesta Nachos Supreme Or Chicken Fajitas w/Onions & Peppers	26 Chicken Alfredo Bake w/Garlic Bread Or Mini Corn Dogs	27 Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	28 Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich
Grilled Burger Varieties, Nachos & Taco Pretzels
A Variety of Fresh Grab and Go Salads and Wraps**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese V *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Grilled Chicken Caesar Salad**	Chef Salad**

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Morton High School September 2018

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\$2.75

Milk
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~Arbor Management~

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arbormgt.com



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