

# Morton School District Elementary Lunch Menu

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Lucky Tray Day</b>	<b>2</b>	<b>3 Breakfast for Lunch</b>	<b>4 Cookie Bite Day</b>	<b>5</b>
Rotini w/Italian Meat Sauce Garlic Bread Or Turkey Pepperoni Pizza Steamed Broccoli Golden Corn Sweet Pears	Walking Taco Or Juicy Cheeseburger Refried Beans Sliced Cucumbers Blueberries	Fluffy Pancakes w/ Egg Patty & Syrup Or Hot Diggity Dog Glazed Carrots Baked Potato Puffs Chilled Peaches	Chicken Parmesan Sandwich Or Mini Corny Corn Dogs Mashed Potatoes w/Gravy Broccoli Buds Cinnamon Applesauce	*Sausage Pizza Or Juicy Hamburger Seasoned Green Beans Carroteenies w/Dip Fresh Orange Smiles
<b>8</b>	<b>9</b>	<b>10 Breakfast for Lunch</b>	<b>11</b>	<b>12 Lucky Tray Day</b>
No School Columbus Day	No School	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 Chilled Peaches
<b>15</b>	<b>16 Brownie Bite Day</b>	<b>17 Lucky Tray Day</b>	<b>18</b>	<b>19</b>
*Bacon Cheeseburger Or Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	Chicken Quesadilla Or Mini Corny Corn Dogs BBQ Baked Beans Fresh Pico Salsa Sweet Pears	Macaroni & Cheese w/roll Or Crispy Chicken Sandwich Potato Puffs Tiny Tomatoes 100% Fruit Juice	No School Parent/Teacher Conferences	No School Parent/Teacher Conferences
<b>22 Cookie Bite Day</b>	<b>23</b>	<b>24</b>	<b>25 Lucky Tray Day</b>	<b>26</b>
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	*Sausage Pizza Or Hot Diggity Dog Seasoned Green Beans Broccoli Buds Cinnamon Applesauce
<b>29</b>	<b>30</b>	<b>31 Happy Halloween</b>		
Western BBQ Burger Or Mini Corny Corn Dogs Steamed Broccoli Carroteenies w/Dip Fresh Apple	Soft Shell Tacos Or **Chili Cheese Fries Glazed Carrots Sliced Cucumber Chilled Peaches	**Franken Fingers (Chicken Tenders) Or Petrified Pizza Dippers w/Marinara Monster Mash (Mashed Potatoes) Skeleton Teeth (Sweet Corn)		

<b>Lunch</b> \$2.55	<b>Milk</b> \$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  
JUMBO 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
1 <b>Cookie Bite Day</b> Southwest Chicken Panini Glazed Carrots	2 Walking Tacos Seasoned Black Beans	3 Popcorn Chicken Bowl Mashed Potatoes	4 Fluffy Pancakes w/**Sausage Oven Fries	5 Pizza Dippers w/Garden Marinara Romaine Salad
8 No School Columbus Day	9 No School	10 Home Style Chicken & Noodles w/Biscuit Broccoli	11 French Toast Sticks w/Sausage & Syrup Potato Puffs	12 <b>Brownie Bite Day</b> Homemade Buffalo Chicken Pizza Savory Green Beans
15 Parmesan Chicken Melt Oven Fries	16 Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	17 <b>Cookie Bite Day</b> Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	18 No School	19 No School
22 <b>Brownie Bite Day</b> *BBQ Rib Patty Sandwich Baked Beans	23 Taco Pretzel w/Taco Meat & Cheese Golden Corn	24 Char Broiled Salisbury Steak** Mashed Potatoes/Gravy	25 Chicken Nuggets w/Waffle & Syrup Potato Puffs	26 Hot Diggity Dog w/Chili Garden Peas
29 Zesty Western BBQ Burger Potato Puffs	30 Fiesta Nachos Supreme Refried Beans	31 <b>Happy Halloween</b> Haunted Haystack (Chicken Alfredo Bake) Vampire Repellent (Garlic Bread)		

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.

Menu changes are occasionally necessary. Notice will be given when possible.



Morton  
Junior High School  
October 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!**



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

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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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Cookie Bite Day</b> Southwest Chicken Panini Or Rotini w/Meat Sauce	<b>2</b> Build your own Burrito Or Walking Tacos w/Shredded Cheese	<b>3</b> Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	<b>4</b> Homemade Chicken and Noodles Or Monte Cristo	<b>5</b> Margherita Pizza Grilled Cheese Or Pizza Dippers
<b>8</b> No School Columbus Day	<b>9</b> No School	<b>10</b> Wing Wednesday or Hot Diggity Dog	<b>11 Brownie Bite Day</b> Toasted Italian Sub Or Chicken Popper Basket	<b>12</b> Buffalo Chicken Pizza Or Chicken Tenders**
<b>15</b> Parmesan Chicken Melt Or Jumbo Corn Dog	<b>16 Cookie Bite Day</b> Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	<b>17</b> Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	<b>18</b> No School	<b>19</b> No School
<b>22</b> All Beef Patty Melt Or Meatball Sub Sandwich	<b>23</b> Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	<b>24 Brownie Bite Day</b> Char Broiled Salisbury Steak** Or 3 Cheese Panini V	<b>25</b> Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	<b>26</b> Homemade Cheese Pizza Or Turkey Club Sandwich
<b>29</b> Zesty Western BBQ Burger Or Macaroni & Cheese**	<b>30</b> Fiesta Nachos Supreme Or Chicken Fajitas	<b>31 Happy Halloween</b> Chicken Alfredo Bake w/Garlic Bread Or Mini Corn Dogs		

**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**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

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  
October 2018

**Lunch**  
**\$2.75**

**Milk**  
**\$0.50**

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