

# Morton School District Elementary Lunch Menu

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 Breakfast for Lunch</b>	<b>2</b>
			French Toast Sticks w/Sausage Patty & Syrup Or Turkey and Cheese Sub Potato Puffs Tiny Tomatoes 100% Fruit Juice	Chili Cheese Dog Or Crispy Chicken Sandwich *BBQ Baked Beans Broccoli Buds Hot Baked Apples
<b>5 Lucky Tray Day</b>	<b>6 Cookie Bite Day</b>	<b>7 Breakfast for Lunch</b>	<b>8</b>	<b>9</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>12 Breakfast for Lunch</b>	<b>13 Lucky Tray Day</b>	<b>14 Thanksgiving Meal</b>	<b>15</b>	<b>16 Brownie Bite Day</b>
Belgium Waffles w/Sausage Patty & Syrup Or Juicy Cheeseburger Potato Puffs Shredded Lettuce 100% Fruit Juice	Nacho Supreme w/Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Zesty Salsa Cinnamon Applesauce	Turkey Gravy** Over Mashed Potatoes Seasoned Green Beans Baked Cinnamon Apples	**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>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</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	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
<b>26 Breakfast for Lunch</b>	<b>27 Lucky Tray Day</b>	<b>28 Brownie Bite Day</b>	<b>29</b>	<b>30</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

**Lunch**  
\$2.55

**Milk**  
\$0.50

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  
Pizza  
Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
5 <b>Cookie Bite Day</b>	6	7	8	9
Southwest Chicken Panini Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Fluffy Pancakes w/**Sausage Oven Fries	Pizza Dippers w/Garden Marinara Romaine Salad
12	13	14 <b>Thanksgiving Meal</b>	15	16 <b>Brownie Bite Day</b>
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Turkey Gravy** over Mashed Potatoes Seasoned Green Beans Baked Cinnamon Apples	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza Savory Green Beans
19	20 <b>Cookie Bite Day</b>	21	22	23
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
26	27	28 <b>Brownie Bite Day</b>	29	30
*BBQ Rib Patty Sandwich Baked Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes w/Gravy	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas

**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  
November 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!

Questions about the menu?  
Kristina Klein  
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
			1	2
			Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
5 <b>Brownie Bite Day</b>	6	7	8	9
Southwest Chicken Panini Or Rotini w/Meat Sauce**	Build your own Burrito Or Walking Tacos w/Shredded Cheese	Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	Homemade Chicken and Noodles** Or Monte Cristo	Margherita Pizza Grilled Cheese Or Bosco Sticks w/Marinara
12	13 <b>Cookie Bite Day</b>	14 <b>Thanksgiving Meal</b>	15	16
*Spicy Bacon Cheeseburger Or *BBQ Rib Patty	Fiesta Nachos Supreme Or Chili Cheese Fries**	Turkey Gravy** over Mashed Potatoes Seasoned Green Beans Warm Apple Crisp	Toasted Italian Sub Or Chicken Popper Basket	Buffalo Chicken Pizza Or Chicken Tenders**
19	20	21	22	23
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
26	27	28 <b>Brownie Bite Day</b>	29	30
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	Char Broiled Salisbury Steak** Or 3 Cheese Panini <b>V</b>	Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	Homemade Cheese Pizza Or Turkey Club Sandwich

**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 <b>V</b>	Cheese <b>V</b>	Cheese <b>V</b>	Cheese <b>V</b>	Cheese <b>V</b>
*Pepperoni	*Sausage	*Pepperoni	*Sausage	*Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad ** <b>V</b>	Buffalo Chicken Salad**	Grilled Chicken Caesar Salad**	Chef Salad**



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

**Lunch**  
\$2.75

**Milk**  
\$0.50

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