

Morton School District Elementary Lunch Menu

December 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 3 | 4 Cookie Bite Day | 5 | 6 Breakfast for Lunch | 7 |
| 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 |
| 10 Brownie Bite Day | 11 | 12 Breakfast for Lunch | 13 | 14 |
| 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 | Crispy Chicken 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 |
| 17 Breakfast for Lunch | 18 | 19 Cookie Bite Day | 20 Winter Wonderland Party | 21 |
| Chicken Nuggets w/Waffle Or *BBQ Rib Sandwich Steamed Broccoli Tiny Tomatoes Juicy Mixed Fruit | Nacho Supreme w/Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Zesty Salsa Cinnamon Applesauce | Mini Corny Corn Dogs 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 | No Lunch Half Day |
| 24 | 25 | 26 | 27 | 28 |
| No School Christmas Break | No School Christmas Break | No School Christmas Break | No School Christmas Break | No School Christmas Break |
| 31 | | | | |
| No School Christmas Break | | | | |

| | |
|------------------------|-----------------------|
| 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 |
|--|--|--|--|---|
| 3 Zesty Western BBQ Burger Potato Puffs | 4 Cookie Bite Day Fiesta Nachos Supreme Refried Beans | 5 Chicken Alfredo Garlic Bread Glazed Carrots | 6 Crispy Chicken Tenders** Oven Fries | 7 Stuffed Italian Pizza w/Marinara Steamed Broccoli |
| 10 Brownie Bite Day | 11 | 12 | 13 Breakfast for Lunch | 14 |
| 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 |
| 17 | 18 | 19 | 20 Winter Wonderland Party | 21 |
| *Juicy Bacon Cheeseburger Golden Corn | Fiesta Nachos Supreme Refried Beans | Home Style Chicken & Noodles w/Biscuit | French Toast Sticks w/ Sausage & Syrup Potato Puffs | No Lunch Half Day |
| 24 | 25 | 26 | 27 | 28 |
| No School Christmas Break | No School Christmas Break | No School Christmas Break | No School Christmas Break | No School Christmas Break |
| 31 | | | | |
| No School Christmas Break | | | | |
| 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
 December 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 |
|---|---|---|--|--|
| 3 | 4 Cookie Bite Day | 5 | 6 | 7 |
| Zesty Western BBQ Burger Or Macaroni & Cheese** | Fiesta Nachos Supreme Or Chicken Fajitas | Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs | Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread | Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog |
| 10 Brownie Bite Day | 11 | 12 | 13 | 14 |
| 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 |
| 17 | 18 | 19 Cookie Bite Day | 20 Winter Wonderland Party | 21 |
| *Spicy Bacon Cheeseburger or *BBQ Rib Patty | Fiesta Nachos Supreme Or Chili Cheese Fries** | Wing Wednesday or Hot Diggity Dog | Toasted Italian Sub Or Chicken Popper Basket | No Lunch Half Day |
| 24 | 25 | 26 | 27 | 28 |
| No School Christmas Break | No School Christmas Break | No School Christmas Break | No School Christmas Break | No School Christmas Break |
| 31 | | | | |
| No School Christmas Break | | | | |

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

| Cheese V | Cheese V | Cheese V | Cheese V | Cheese V |
|------------------------|--------------------|-------------------------|--------------------------------|--------------------|
| *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 **V | Buffalo Chicken Salad** | Grilled Chicken Caesar Salad** | Chef Salad** |



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December 2018

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