

Morton School District Elementary Lunch Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
7	8 Cookie Bite Day	9 Lucky Tray Day	10 Breakfast for Lunch	11 National Milk Day
No School Teacher In Service	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 Strawberries Strawberry Milk
14 Lucky Tray Day	15	16 Breakfast for Lunch	17	18 Brownie Bite Day
Rotini w/Italian Meat Sauce Garlic Bread Or Turkey Pepperoni Pizza Steamed Broccoli Golden Corn Sweet Pears	Walking Taco Or Juicy Cheeseburger Refried Beans Mixed Vegetables Blueberries	Fluffy Pancakes w/Scrambled Eggs & 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
21	22 Lucky Tray Day	23	24 Cookie Bite Day	25
No School	Nacho Supreme w/Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Zesty Salsa Cinnamon Applesauce	Mini Corny Corn Dogs Or Juicy Cheeseburger Steamed Broccoli Sliced Cucumber 100% Fruit Juice	**Seasoned Chicken Tenders Or Grilled Cheese Sandwich Mashed Potatoes w/Gravy Tomato Soup Fresh Red Apple	Pizza Dippers w/Garden Marinara Or Hot Diggity Dog Garden Peas Carroteenies w/dip Chilled Peaches
28	29	30 Brownie Bite Day	31 Breakfast for Lunch	
*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 Mixed Vegetables Tiny Tomatoes 100% Fruit Juice	Chicken Nuggets w/Waffle Or Yogurt & Cheese Fun Meal Potato Puffs Broccoli Buds Blueberries	

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

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
7	8 Cookie Bite Day	9	10	11 National Milk Day
No School Teacher In Service	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli Strawberry Milk
14 Brownie Bite Day	15	16	17 Breakfast for Lunch	18
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
21	22	23 Cookie Bite Day	24 Breakfast for Lunch	25
No School	Fiesta Nachos Supreme Refried Beans	Home Style Chicken & Noodles w/Biscuit Broccoli	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza Mixed Vegetables
28	29	30	31 Brownie Bite Day	
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	Mini Corn Dogs w/Spicy Ketchup Potato Puffs	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Chicken or Spicy Chicken Sandwich
Grilled Burgers & Sun butter & 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
January 2019

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

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	1	2	3	4
	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
7	8	9 Cookie Bite Day	10	11 National Milk Day
No School Teacher In Service	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 Or Jumbo Corn Dog Strawberry Milk
14 Brownie Bite Day	15	16	17	18
Southwest Chicken Panini Or Rotini w/Meat Sauce**	Build Your Own Burrito Or Walking Tacos w/Shredded Cheese	Homestyle Popcorn Chicken Bowl Or Chili Dog w/Cheese	Homemade Chicken & Noodles** Or Monte Cristo	Margherita Pizza Grilled Cheese Or Bosco Sticks w/Marinara
21	22	23	24 Cookie Bite Day	25
No School	Fiesta Nachos Supreme Or Chili Cheese Fries**	Wing Wednesday or Hot Diggity Dog	Toasted Italian Sub Or Chicken Popper Basket	Buffalo Chicken Pizza Or Chicken Tenders**
28	29 Brownie Bite Day	30	31	
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	Sweet & Sour Chicken Or Chicken & Vegetable Rice Bowl V	

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	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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Morton High School
January 2019

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Milk
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