

# Morton School District Elementary Lunch Menu

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Homemade Cheese Pizza Or Chili Cheese Dog Golden Corn Carroteenies w/dip Juicy Mixed Fruit
4 Breakfast for Lunch	5	6 Cookie Bite Day	7	8 Lucky Tray Day
Fluffy Pancakes w/Sausage Patty & Syrup Or Meatball Bomber Sub Oven Fries Sliced Cucumbers Chilled Peaches	Fiesta Nachos with Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Seasoned Black 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 Or *BBQ Rib Sandwich Mashed Potatoes w/Gravy Carroteenies w/Dip 100% Fruit Juice	*Homemade Sausage Pizza Or Hot Diggity Dog Seasoned Mixed Vegetables Broccoli Buds Blueberries
11 Lucky Tray Day	12 Brownie Bite Day	13	14 Valentine's Day	15
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 Seasoned Mixed Vegetables Fresh Red Apple	French Toast Sticks w/Sausage Patty & Syrup Or Turkey and Cheese Sub Potato Puffs Tiny Tomatoes 100% Fruit Juice <b>Strawberry Milk</b>	Pizza Dippers w/Garden Marinara Or Crispy Chicken Sandwich *BBQ Baked Beans Broccoli Buds Hot Baked Apples
18	19 Cookie Bite Day	20 Breakfast for Lunch	21 Lucky Tray Day	22
No School  Presidents' Day	Walking Taco Or Juicy Cheeseburger Refried Beans Sliced Cucumbers 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	*Homemade Sausage Pizza Or Juicy Hamburger Seasoned Green Beans Carroteenies w/Dip Fresh Orange Smiles
25	26 Lucky Tray Day	27	28 Brownie Bite Day	
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 Seasoned Mixed Vegetables 100% Fruit Juice	** Seasoned Chicken Tenders Or Grilled Cheese Sandwich Mashed Potatoes w/Gravy Carroteenies w/dip Fresh Red Apple	

**Lunch**  
**\$2.55**  
Milk is  
Included  
With Meal

**Milk**  
**\$0.50**  
A Variety  
Of Milk is  
Available  
Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheezy Garlic Flatbread Golden Corn
4 *BBQ Rib Patty Sandwich Veggie Beans	5 <b>Cookie Bite Day</b> Taco Pretzel w/Taco Meat & Cheese Golden Corn	6 Char Broiled Salisbury Steak** Mashed Potatoes	7 Chicken Nuggets w/Waffle & Syrup Potato Puffs	8 Hot Diggity Dog w/Chili Mixed Vegetables
11 Zesty Western BBQ Burger Potato Puffs	12 Fiesta Nachos Supreme Refried Beans	13 <b>Brownie Bite Day</b> Chicken Alfredo Garlic Bread Glazed Carrots	14 <b>Valentine's Day</b> Crispy Chicken Tenders** Oven Fries Strawberry Milk	15 Stuffed Italian Pizza w/Marinara Steamed Broccoli
18 No School Presidents' Day	19 <b>Cookie Bite Day</b> Walking Tacos Seasoned Black Beans	20 Popcorn Chicken** Mashed Potatoes w/Gravy	21 <b>Breakfast for Lunch</b> Fluffy Pancakes w/Turkey Sausage Oven Fries	22 Pizza Dippers w/Garden Marinara Romaine Salad
25 *Juicy Bacon Cheeseburger Golden Corn	26 Fiesta Nachos Supreme Refried Beans	27 <b>Brownie Bite Day</b> Home Style Chicken & Noodles w/Biscuit Broccoli	28 <b>Breakfst for Lunch</b> French Toast Sticks w/ Scrambled Eggs & Syrup Potato Puffs	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Chicken or Spicy Chicken Sandwich  
Grilled Burgers & Sunbutter & Jelly Sandwich**

Daily Choices	Daily Pizza Options	Fresh Deli	Fresh Salads
Cheese V	*Pepperoni	Cheese V	*Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**



V=Vegetarian option available  
\*\*Served with a roll  
\*Contains or may contain pork ingredients.

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Morton  
Junior High School  
February 2019

**Lunch**  
**\$2.65**  
Milk is included  
With Meal

**Milk**  
**\$0.50**  
A Variety of Milk is  
Available Daily

**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 Cheezy Garlic Flatbread Or Sriracha Chicken
4 All Beef Patty Melt Or Meatball Sub Sandwich	5 <b>Cookie Bite Day</b> Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	6 Char Broiled Salisbury Steak** Or 3 Cheese Panini V	7 Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	8 Homemade Cheese Pizza Or Turkey Club Sandwich
11 Zesty Western BBQ Burger Or Macaroni & Cheese**	12 Fiesta Nachos Supreme Or Chicken Fajitas	13 <b>Brownie Bite Day</b> Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	14 <b>Valentine's Day</b> Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	15 Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
18 No School Presidents' Day	19 Build your own Burrito Or Walking Tacos w/Shredded Cheese	20 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	21 Homemade Chicken and Noodles Or Monte Cristo	22 <b>Cookie Bite Day</b> Margherita Pizza Grilled Cheese Or Pizza Dippers w/Marinara
25 *Spicy Bacon Cheeseburger or *BBQ Rib Patty	26 Fiesta Nachos Supreme Or Chili Cheese Fries**	27 Wing Wednesday or Hot Diggity Dog	28 <b>Brownie Bite Day</b> Toasted Italian Sub Or Chicken Popper Basket	

**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 February 2019

**Lunch**  
**\$2.75**  
Milk is included with Meal

**Milk**  
**\$0.50**  
A Variety of Milk is Available Daily

### Arbor A+ Nutrition Mission

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