

Morton School District Elementary Lunch Menu

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Pizza Dippers w/Garden Marinara Or Hot Diggity Dog Garden Peas Sliced Cucumbers
4	5 Lucky Tray Day	6 Cookie Bite Day	7 Breakfast for Lunch	8
*Bacon Cheeseburger Or Pepperoni Pizza Seasoned Red Skin Potatoes Shredded Romaine Orange Wedges	Chicken Quesadilla Or Mini Corny Corn Dogs BBQ Baked Beans Fresh Pico Salsa Fresh Sweet Pears	Macaroni & Cheese w/roll Or Crispy Chicken Sandwich Potato Puffs Tiny Tomatoes 100% Fruit Juice	Chicken Nuggets w/Waffle Or Yogurt & Cheese Fun Meal Mashed Potatoes w/Gravy Broccoli Buds Blueberries	No Lunch Half Day
11	12 Breakfast for Lunch	13 Lucky Tray Day	14	15 Brownie Bite Day
Fiesta Nachos with Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Fresh Zesty Salsa Cinnamon Pears	Fluffy Pancakes w/Sausage Patty & Syrup Or Meatball Bomber Sub Oven Fries Sliced Cucumbers Chilled Peaches	Mini Corny Corn Dogs Or **Chicken Alfredo Bake Romaine Salad w/Dressing Tiny Tomatoes Fresh Grapes	**Popcorn Chicken Or *BBQ Rib Sandwich Mashed Potatoes w/Gravy Carroteenies w/Dip 100% Fruit Juice	*Sausage Pizza Or Hot Diggity Dog Seasoned Green Beans Fresh Broccoli Salad Fresh Red Apple
18 Lucky Tray Day	19 Cookie Bite Day	20	21 Breakfast for Lunch	22
Western BBQ Burger Or Mini Corny Corn Dogs Steamed Broccoli Carroteenies w/Dip Kiwi	Soft Shell Tacos Or **Chili Cheese Fries Glazed Carrots Shredded Romaine Lettuce Chilled Peaches	**Seasoned Chicken Tenders Or **Salisbury Steak Mashed Potatoes w/Gravy Sweet Corn Strawberry Applesauce	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 Creamy Coleslaw Hot Baked Apples
25	26 Lucky Tray Day	27 Breakfast for Lunch	28 Brownie Bite Day	29
Pasta w/Italian Meat Sauce Garlic Bread Or Turkey Pepperoni Pizza Steamed Broccoli Golden Corn Sweet Pears	Walking Taco Or Juicy Cheeseburger Refried Beans Carroteenies w/Dip Mixed Fruit	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 Blueberries	*Sausage Pizza Or Juicy Hamburger Seasoned Green Beans Homemade Potato Salad Fresh Orange Smiles

Lunch
\$2.55
Milk is Included
With Meal

Milk
\$0.50
A Variety Of Milk is Available

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 Homemade Buffalo Chicken Pizza Savory Green Beans
4 Parmesan Chicken Melt Seasoned Red Skin Potatoes	5 Cookie Bite Day Soft Shell Tacos w/Shredded Cheese	6 Italian Spaghetti & Meatballs** w/Garlic Bread	7 Mini Corn Dogs w/Spicy Ketchup Potato Puffs	8 No Lunch Half Day
11 *BBQ Rib Patty Sandwich Veggie Beans	12 Taco Pretzel w/Taco Meat & Cheese Mexi-Cali Corn	13 Brownie Bite Day Char Broiled Salisbury Steak** Mashed Potatoes	14 Chicken Nuggets w/Waffle & Syrup Potato Puffs	15 Hot Diggity Dog w/Chili Fresh Broccoli Salad
18 Crispy Chicken Tenders** Potato Puffs	19 Cookie Bite Day Fiesta Nachos Supreme Refried Beans	20 Macaroni and Cheese w/Roll Glazed Carrots	21 Stuffed Italian Pizza w/Marinara Steamed Broccoli	22 Zesty Western BBQ Burger Creamy Coleslaw
25 Southwest Chicken Panini Glazed Carrots	26 Walking Tacos Seasoned Black Beans	27 Brownie Bite Day Popcorn Chicken Bowl Mashed Potatoes	28 Breakfast for Lunch Fluffy Pancakes w/**Sausage Oven Fries	29 *BBQ Rib Patty Sandwich Homemade Potato Salad

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
March 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!

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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 Buffalo Chicken Pizza Or Chicken Tenders**
4 Parmesan Chicken Melt Or Jumbo Corn Dog	5 Cookie Bite Day Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	6 Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	7 Sweet & Sour Chicken or Chicken & Vegetable Rice Bowl V	8 No Lunch Half Day
11 All Beef Patty Melt Or Meatball Sub Sandwich	12 Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	13 Char Broiled Salisbury Steak** Or 3 Cheese Panini V	14 Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	15 Brownie Bite Day Homemade Cheese Pizza Or Turkey Club Sandwich
18 Zesty Western BBQ Burger Or Macaroni & Cheese**	19 Fiesta Nachos Supreme Or Chicken Fajitas	20 Cookie Bite Day Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	21 Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	22 Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
25 Brownie Bite Day Southwest Chicken Panini Or Rotini w/Meat Sauce	26 Build your own Burrito Or Walking Tacos w/Shredded Cheese	27 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	28 Homemade Chicken and Noodles Or Monte Cristo	29 Margherita Pizza Grilled Cheese Or Pizza Dippers

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
March 2019

Lunch
\$2.75
Milk is included with Meal

Milk
\$0.50
A Variety of Milk is Available Daily

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