



May Morton Elementary Lunch



Elem Lunch \$ 2.80

Milk \$ 0.60

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicago Style All Beef Hot Dog Baked Beans Vegetable of the Day Fruit of the Day	2 "Say Cheese" Toasted Sandwich-V Tomato Soup Vegetable of the Day Fruit of the Day	3 1/2 Day Meals	4 Pizza Bagel Steamed Broccoli Vegetable of the Day Fruit of the Day	5 Maple Pancake Sausage Bites Glazed Carrots Vegetable of the Day Fruit of the Day
8 Pizza Dippers w/ Marinara Sauce Mixed Vegetables Vegetable of the Day Fruit of the Day	9 Mini Corn Dogs Green Peas Vegetable of the Day Fruit of the Day	10 Lettie Brown Picnic Chicken & Waffle Honey Chipotle Sweet Potatoes Vegetable of the Day Fruit of the Day	11 Grundy Picnic Western Cheeseburger Baked Fries Vegetable of the Day Fruit of the Day Lettie Brown/ Lincoln Step up day	12 Jefferson Picnic Walking Taco Nachos Seasoned Black Beans Vegetable of the Day Fruit of the Day Grundy/Lincoln Step Up Day
15 Pancakes w/ Cheesy Eggs Tater Tots Vegetable of the Day Fruit of the Day	16 Homemade Cheese Quesadilla-V Fiesta Beans Vegetable of the Day Fruit of the Day	17 Creamy Chicken Alfredo Garlic Bread Seasoned Green Beans Vegetable of the Day Fruit of the Day	18 Jumbo Corn Dog Stir Fry Veggies Vegetable of the Day Fruit of the Day	19 Lincoln Picnic Pepperoni Pizza Garlic Roasted Carrots Vegetable of the Day Fruit of the Day
22 Crispy Chicken w/ Biscuit Steamed Carrots Celery Sticks Fruit of the Day	23 Chicago Style All Beef Hot Dog Vegetarian Beans Broccoli Florets Fruit of the Day	24 1/2 Day No Meals	25	26
29	30	31		

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding!

This institution is an equal opportunity employer.

*Contains or may contain pork

V= Vegetarian

Included with Every Meal

Fruit and Vegetable
Choice of Milk

Daily Options

Ham & Cheese Sandwich
Crispy Chicken Salad

Monday-Juicy Cheeseburger
Tuesday-Crispy Chicken Nuggets
w/ Goldfish
Wednesday-Cheesy Beef Nachos
Thursday-Crispy Chicken Sandwich
Friday- Pizza Varieties

Now Hiring For Food Service Positions

Contact Brooke
Snell at
309-284-6320

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!



May Morton JH School Lunch



Lunch \$ 2.90

Milk \$ 0.60

FEATURES

We are Hiring!

We Need Cooks, Managers, Food Servers and Drivers!

You will love the work schedule!

No nights or weekends! Holidays off!

Apply Online at:

www.arbormgt.com/careers

Scan Me To Apply!



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	2 "Say Cheese" Toasted Sandwich V Tomato Soup Vegetable of the Day Fruit of the Day	3 1/2 Day	4 Pizza Bagel Steamed Broccoli Vegetable of the Day Fruit of the Day	5 *Honey BBQ Pork Rib Sandwich Baked Fries Vegetable of the Day Fruit of the Day
8 Chicken Fajita Burrito Chili Lime Sweet Corn Vegetable of the Day Fruit of the Day	9 Rotini & Meatballs w/ Garlic Bread Green Peas Vegetable of the Day Fruit of the Day	10 Chicken & Belgian Waffle Honey Chipotle Sweet Potatoes Vegetable of the Day Fruit of the Day	11 *Bacon Cheeseburger Baked Fries Vegetable of the Day Fruit of the Day	12 Walking Taco Nachos Seasoned Black Beans Vegetable of the Day Fruit of the Day
15 Chef Choice Vegetable of the Day Fruit of the Day	16 Chef Choice Fiesta Beans Vegetable of the Day Fruit of the Day	17 Chef Choice Vegetable of the Day Fruit of the Day	18 Chef Choice Vegetable of the Day Fruit of the Day	19 Chef Choice Vegetable of the Day Fruit of the Day
22 Chef Choice Vegetable of the Day Fruit of the Day	23 Chef Choice Vegetable of the Day Fruit of the Day	24 1/2 Day	25	26
29	30	31		
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées

Cheeseburgers

Chicken Sandwiches

Pizza Selection

Cheesy Nachos

Included with Every Meal

**Fruit and Vegetable
Choice of Milk**

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(*) Contains or may contain Pork

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
- ✓ Plant based entrée options

~Arbor Management~

Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!

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May Morton High School Lunch



Lunch \$ 3.00

Milk \$ 0.60

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Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
1 Signature Cheeseburger Deluxe Seasoned Fries Vegetable of the Day Fruit of the Day	2 Popcorn Chicken Mashed Potato Bowl Corn Bread Muffin Mashed Potatoes Golden Corn Vegetable of the Day Fruit of the Day	3 1/2 Day	4 Sweet n' Sour Meatballs w/ Rice Steamed Broccoli Vegetable of the Day Fruit of the Day	5 Penne Rosa Pasta-V Garlic Bread Glazed Carrots Vegetable of the Day Fruit of the Day
8 Chicken Fajita Burrito Spanish Rice Chili Lime Sweet Corn Vegetable of the Day Fruit of the Day	9 Rotini & Meatballs Garlic Bread Steamed Broccoli Vegetable of the Day Fruit of the Day	10 Chicken & Waffles Honey Chipotle Sweet Potatoes Vegetable of the Day Fruit of the Day	11 Chili Cheese Fries w/ Soft Pretzel Steamed Carrots Vegetable of the Day Fruit of the Day	12 Walking Taco Nachos Brown Rice Seasoned Black Beans Vegetable of the Day Fruit of the Day
15 Chef Choice Vegetable of the Day Fruit of the Day	16 Chef Choice Vegetable of the Day Fruit of the Day	17 Chef Choice Vegetable of the Day Fruit of the Day	18 Chef Choice Vegetable of the Day Fruit of the Day	19 Chef Choice Vegetable of the Day Fruit of the Day
22 1/2 Day Finals No Lunch	23 1/2 Day Finals No Lunch	24 1/2 Day Finals No Lunch	25	26
29	30	31	6/1	6/2
Crispy Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Sal- ad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées

**Burgers
Chicken Sandwiches
Pizza Selection
Nachos**

Included with Every Meal
Fruit and Vegetable
Choice of Milk

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Fresh fruits and vegetables, locally sourced as
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- ✓ Fresh whole and multigrain bread, buns and
baked goods
- ✓ No-fat or 1% milk free from any growth hor-
mones from local, sustainable farms
- ✓ **Plant based entrée options**

-Arbor Management-

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May Morton Academy School Lunch

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Milk \$ 0.60

Included with Every Meal

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Choice of Milk**

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29	30	31	6/1	
Crispy Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Sal- ad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich



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Recipe of the Month

Fruit Pizza

Ingredients

- 1 tsp Vanilla Extract
- 1 Cup Strawberries, sliced (or kiwi, bananas, pears, peaches, or blueberries)
- ½ cup Butter
- ½ cup Sugar
- 1 tsp Vanilla Extract
- 1 Egg (large)
- 2 cups Flour
- 2 tsp Baking Powder
- 8 oz Cream Cheese, non-fat or light
- ½ cup Sugar



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375°F.
3. For crust, cream butter, sugar, vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
4. Spread mixture about 1/8" thick on pizza pan, baking sheet, or 9" x 13" pan.
5. Bake 10-12 minutes or until lightly browned. Cool.
6. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled crust.
7. Arrange fruit on top of pizza. Refrigerate until serving time.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-pizza>

Food Focus

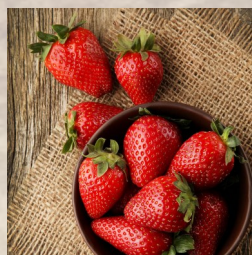
Strawberries!

Strawberries are the first fruit to ripen in the spring. Eight strawberries will provide 140% of the recommended daily intake of Vit. C for kids!

They are also an excellent source of manganese, rich in antioxidants and have benefits for heart health and blood sugar control. Strawberries are a member of the rose family and are the only fruit to wear it's seeds on the outside!

What do you call a sad strawberry?

A blue berry!



Feature

May is National Physical Fitness and Sports Month!

It is important to get 60 minutes per day of physical activity for kids (and 30 minutes per day for adults), to improve brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles. In order to get the active minutes per day small changes can make a difference. Activity for just 5-10 minutes at a time adds up throughout the day.

Here are some quick ideas:

- Create recess at home, plan to try new activities or spark ideas.
- Limit screen time to encourage more activity time.
- Choose activities that are both enjoyable and accessible.
- Keep a family activity calendar.



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Nutritionist
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