

# Morton School District Elementary Lunch Menu

May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 ☀️ Lincoln Picnic
		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
6	7	8	9	10 ☀️ Jefferson Picnic
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	Pizza Dippers w/Garden Marinara Or Hot Diggity Dog Garden Peas Sliced Cucumbers Chilled Peaches
13	14	15 ☀️ Lettie Brown Picnic	16 ☀️ Grundy Picnic	17
*Bacon Cheeseburger Or Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	Chicken Quesadilla Or Mini Corny Corn Dogs BBQ Baked Beans Fresh Pico Salsa 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 Sliced Cucumber Broccoli Buds Blueberries	Cheese Pizza Or Chili Cheese Dog Golden Corn Carroteenies w/dip Juicy Mixed Fruit
20 Lucky Tray Day	21 Lucky Tray Day	22 Lucky Tray Day	23 Lucky Tray Day	24
Fluffy Pancakes w/Sausage Patty & Syrup Oven Fries Sliced Cucumbers Assorted Fruit	Crispy Chicken Sandwich BBQ Baked Beans Garden Peas Assorted Fruit	Mini Corny Corn Dogs Romaine Salad w/Dressing Tiny Tomatoes Assorted Fruit	**Popcorn Chicken Potato Puffs Carroteenies w/Dip Assorted Fruit	No Lunch  Half Day/Last Day
27	28	29	30	☀️ PICNIC MENU
				<u>Picnic Menu</u> Grilled Hamburger Or Grilled Hot Dog BBQ Baked Beans Baby Carrots w/Dip Assorted Fresh Fruit Cookie

**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 thru 5/17/19:

**CRISPY CHICKEN SALAD  
OR  
JUMBO CORN DOG**

(\*) Contains Pork  
(\*\*) Served With Whole Grain Bread  
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 <b>Grandparents' Day</b>
		Popcorn Chicken Bowl Mashed Potatoes	Fluffy Pancakes w/*Sausage Oven Fries	Turkey w/Gravy** Mashed Potatoes Green Beans Apple Crisp
6	7 <b>Cookie Bite Day</b>	8	9	10
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Home Style Chicken & Noodles w/Biscuit	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza
13	14	15	16 <b>Cookie Bite Day</b>	17
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	Italian Spaghetti & Meat Sauce** w/Garlic Bread Steamed Broccoli	Mini Corn Dogs w/Spicy Ketchup Potato Puffs	Cheezy Garlic Flatbread Golden Corn
20 <b>Cookie Bite Day</b>	21	22	23	24
*BBQ Rib Patty Sandwich Veggie Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Half Day/Last Day No Lunch
27	28	29	30	31

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  
May 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!**

  
[arbormgt.com](http://arbormgt.com)



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

Questions about the menu?  
 Kristina Klein  
[kristina.klein@mcusd709.org](mailto: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 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	2 Homemade Chicken and Noodles Or Monte Cristo	3 <b>Cookie Bite Day</b> Margherita Pizza Grilled Cheese Or Pizza Dippers
6	7 <b>Brownie Bite Day</b>	8	9	10
*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	Buffalo Chicken Pizza Or Chicken Tenders**
13	14	15	16 <b>Cookie Bite Day</b>	17
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meat Sauce** Or Buffalo Chicken Panini	Sweet & Sour Chicken Or Chicken & Vegetable Rice Bowl V	Cheezy Garlic Flatbread Or Sriracha Chicken Sandwich
20	21 <b>Cookie Bite Day</b>	22	23	24
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Fiesta Nachos Supreme	Char Broiled Salisbury Steak** Or 3 Cheese Panini V	Finals Schedule C-Store Only	Half Day/Last Day No Lunch
27	28	29	30	31

**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**



V=Vegetarian option available  
 \*\*Served with Whole Grain Bread  
 \*Contains or may contain pork ingredients.  
 Menu changes are occasionally necessary. Notice will be given when possible.



Morton High School  
May 2019

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

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

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- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
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- ✓ Fresh whole and multigrain bread, buns and baked goods
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