

Morton School District Elementary Lunch Menu

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13 First Day of School	14 Welcome Back Party	15 Cookie Bite Day	16 Lucky Tray Day
	Half Day No Lunch	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 Ham & Cheese Sub Garden Peas Sliced Cucumbers Chilled Peaches
19 Lucky Tray Day	20 Brownie Bite Day	21	22 Breakfast for Lunch	23
*Bacon Cheeseburger Or Turkey Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	Chicken Quesadilla Or Hot Diggity Dog BBQ Baked Beans Fresh Pico Salsa Sweet Pears	**Macaroni & Cheese Or Crispy Chicken Sandwich Garden Peas Tiny Tomatoes 100% Fruit Juice	Waffle w/Scrambled Eggs Or Yogurt & Cheese Fun Meal Potato Smiles Broccoli Buds Blueberries	Cheese Pizza Or **Chili Cheese Fries Golden Corn Carroteenies w/dip Juicy Mixed Fruit
26 Breakfast for Lunch	27	28 Cookie Bite Day	29 Lucky Tray Day	30
Fluffy Pancakes w/Sausage Patty & Syrup Or Juicy Hamburger 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 *BBO Rib Sandwich Mashed Potatoes w/Gravy Carroteenies w/Dip 100% Fruit Juice	*Sausage Pizza Or Hot Diggity Dog Seasoned Green Beans Broccoli Buds Blueberries

Lunch
\$2.70
Milk is included with Meal

Milk
\$0.50
A Variety of Milk is Offered 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 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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 Welcome Back Party	15	16 Cookie Bite Day
	Half Day No Lunch	Home Style Chicken & Noodles w/Biscuit	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza
19	20 Brownie Bite Day	21	22	23
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	Cheezy Garlic Flatbread Golden Corn
26 Cookie Bite Day	27	28	29	30
*BBQ Rib Patty Sandwich Veggie Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes w/Gravy	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas

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

Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
Chicken Caesar Wrap	*Ham & Cheese Wrap	Buffalo Chicken Wrap	Turkey & Cheese Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Chef Salad**	Chicken Caesar Salad**	Buffalo Chicken Salad**	Caesar Salad **V



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
Junior High School
August 2019

Lunch
\$2.80

Milk is included
with Lunch

Milk
\$0.50

A Variety of Milk
is Offered 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	2
5	6	7	8	9
12	13	14 Welcome Back Party	15	16 Cookie Bite Day
	Half Day No Lunch	Wing Wednesday** Or Hot Diggity Dog	Toasted Italian Sub Or Chicken Popper Basket	Open Faced Pepperoni Calzone Or Chicken Tenders**
19	20 Brownie Bite Day	21	22	23
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 Pizza Burger	Cheezy Garlic Flatbread Or Sriracha Chicken
26	27	28 Cookie Bite Day	29	30
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	Char Broiled Salisbury Steak** Or 3 Cheese Panini V	Chicken Nuggets w/Waffle & Syrup Or Sausage & Egg Biscuit	Homemade Cheese Pizza Or Turkey Club Sandwich

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
Chicken Caesar Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Chef Salad**	Buffalo Chicken Salad**	Crispy Chicken Salad**	Caesar Salad **V



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
August 2019

Lunch
\$2.90

Milk is included with Lunch

Milk
\$0.50

A Variety of Milk is Offered 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



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.