

Morton School District Elementary Lunch Menu

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Lucky Tray Day	4	5 Breakfast for Lunch	6 Celebrate Apples
Labor Day No School	Soft Shell Tacos Or Chili Cheese Dog Glazed Carrots Sliced Cucumbers Chilled Peaches	Half Day No Lunch	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 Broccoli Buds Hot Baked Apples
9 Cookie Bite Day	10	11 Breakfast for Lunch	12 Celebrate Apples	13 Lucky Tray Day
Rotini w/Italian Meat Sauce Garlic Bread Or *Pepperoni Pizza Steamed Broccoli Golden Corn Sweet Pears	Walking Taco Or Juicy Cheeseburger Refried Beans Celery Sticks w/Dip 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	*Sausage Pizza Or Meatball Bomber Sub Seasoned Green Beans CarrotTeenies w/Dip Fresh Orange Smiles
16 Breakfast for Lunch	17 Celebrate Apples	18 Lucky Tray Day	19 Celebrate Apples	20 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 Shredded Lettuce 100% Fruit Juice	**Seasoned Chicken Tenders Or Grilled Cheese Sandwich Mashed Potatoes w/Gravy Carrotteenies w/dip Fresh Red Apple	Pizza Dippers w/Garden Marinara Or Ham & Cheese Sub Garden Peas Sliced Cucumbers Chilled Peaches
23 Lucky Tray Day	24 Cookie Bite Day	25 Celebrate Apples	26 Breakfast for Lunch	27
*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 Applesauce	Waffle w/Scrambled Eggs Or Yogurt & Cheese Fun Meal Potato Smiles Broccoli Buds 100% Fruit Juice	Cheese Pizza Or **Chili Cheese Fries Golden Corn Carrotteenies w/dip Juicy Mixed Fruit
30 Breakfast for Lunch				
Fluffy Pancakes w/Sausage Patty & Syrup Or Juicy Hamburger Oven Fries Sliced Cucumbers Chilled Peaches				

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
2 Labor Day No School	3 Brownie Bite Day Fiesta Nachos Supreme Refried Beans	4 Half Day No Lunch	5 Crispy Chicken Tenders** Oven Fries	6 Stuffed Italian Pizza w/Marinara Steamed Broccoli
9 Macaroni & Cheese** Glazed Carrots	10 Walking Tacos Seasoned Black Beans	11 Popcorn Chicken** Mashed Potatoes w/Gravy	12 Fluffy Pancakes w/**Sausage Oven Fries	13 Cookie Bite Day Pizza Dippers w/Garden Marinara Romaine Salad
16 *Juicy Bacon Cheeseburger Golden Corn	17 Fiesta Nachos Supreme Refried Beans	18 Brownie Bite Day Home Style Chicken & Noodles w/Biscuit	19 French Toast Sticks w/Sausage & Syrup Potato Puffs	20 Homemade Buffalo Chicken Pizza
23 Cookie Bite Day Parmesan Chicken Melt Oven Fries	24 Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	25 Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	26 Mini Corn Dogs w/Spicy Ketchup Potato Puffs	27 Cheezy Garlic Flatbread Golden Corn
30 *BBQ Rib Patty Sandwich Veggie Beans				

Fresh Fruit & Veggie Bar available daily with all lunches

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

Options	Pizza	Deli	Fresh Salads
Cheese V	*Pepperoni	Cheese V	*Pepperoni
Chicken Caesar Wrap	*Ham & Cheese Wrap	Buffalo Chicken Wrap	Turkey & Cheese 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
September 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!


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.



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No School	3 Fiesta Nachos Supreme Or Chicken Fajitas	4 Half Day No School	5 Chicken Tenders** Or BBQ Chicken Flatbread	6 Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
9 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	10 Brownie Bite Day Build your own Burrito Or Walking Tacos w/Shredded Cheese	11 Chicken Bacon Melt Or Rotini w/Meat Sauce	12 Homemade Chicken and Noodles** Or Mini Corn Dogs	13 Pizza Grilled Cheese Or Pizza Dippers w/Marinara
16 *Spicy Bacon Cheeseburger Or *BBQ Rib Patty	17 Fiesta Nachos Supreme Or Chili Cheese Fries**	18 Wing Wednesday** Or Hot Diggity Dog	19 Cookie Bite Day Toasted Italian Sub Or Chicken Popper Basket	20 Open Faced Pepperoni Calzone Or Chicken Tenders**
23 Brownie Bite Day Parmesan Chicken Melt Or Jumbo Corn Dog	24 Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	25 Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	26 Sweet & Sour Chicken or Pizza Burger	27 Cheezy Garlic Flatbread Or Sriracha Chicken
30 All Beef Patty Melt Or Meatball Sub 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 *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni	Cheese V *Sausage	Cheese V *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
September 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.