

# Morton School District Elementary Lunch Menu

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Cookie Bite Day</b>	<b>2</b>	<b>3 Lucky Tray Day</b>	<b>4</b>
	Fiesta Nachos with Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Seasoned Black Beans Fresh Zesty Salsa Cinnamon Pears	Half Day  No Lunch	**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 Broccoli Buds Blueberries
<b>7 Lucky Tray Day</b>	<b>8</b>	<b>9 Cookie Bite Day</b>	<b>10 Breakfast for Lunch</b>	<b>11</b>
Western BBQ Burger Or Sunbutter and Jelly Sandwich Steamed Broccoli Carroteenies w/Dip Strawberry Applesauce	Soft Shell Tacos Or Chili Cheese Dog Glazed Carrots Sliced Cucumbers Chilled Peaches	**Seasoned Chicken Tenders Or **Salisbury Steak Mashed Potatoes w/Gravy Sweet Corn Fresh Red Apple	French Toast Sticks w/Sausage Patty & Syrup Or Turkey and Cheese Sub Potato Puffs Tiny Tomatoes 100% Fruit Juice	Half Day  No Lunch
<b>14</b>	<b>15 Lucky Tray Day</b>	<b>16 Breakfast for Lunch</b>	<b>17</b>	<b>18</b>
Columbus Day  No School	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	Parent/Teacher Conferences  No School	Parent/Teacher Conferences  No School
<b>21 Breakfast for Lunch</b>	<b>22</b>	<b>23 Brownie Bite Day</b>	<b>24</b>	<b>25 Lucky Tray Day</b>
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 Ham & Cheese Sub Garden Peas Sliced Cucumbers Chilled Peaches
<b>28 Lucky Tray Day</b>	<b>29 Cookie Bite Day</b>	<b>30 Halloween Party</b>	<b>31 Breakfast for Lunch</b>	
*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	Cheesy Worms (**Macaroni & Cheese) Or Breaded Organs on a Bun (Crispy Chicken Sandwich) Frog Eyes (Garden Peas) Skeleton Fingers (Baby Carrots) Witches Brew (100% Fruit Juice)	Waffle w/Scrambled Eggs Or Yogurt & Cheese Fun Meal Potato Smiles Broccoli Buds Blueberries <b>Happy Halloween</b>	

**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 <b>Brownie Bite Day</b>	2	3	4
	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Half Day No Lunch	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
7	8	9 <b>Cookie Bite Day</b>	10	11
Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Half Day No Lunch
14	15	16	17	18
Columbus Day No School	Walking Tacos Seasoned Black Beans	Popcorn Chicken** Mashed Potatoes w/Gravy	Parent/Teacher Conferences No School	Parent/Teacher Conferences No School
21 <b>Cookie Bite Day</b>	22	23	24	25
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Home Style Chicken & Noodles w/Biscuit Broccoli	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza Savory Green Beans
28	29	30 <b>Brownie Bite Day</b>	31 <b>Happy Halloween</b>	
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	

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  
October 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	3 <b>Breakfast for Lunch</b>	4 <b>Brownie Bite Day</b>
	Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	Half Day No Lunch	Chicken Nuggets w/Waffle & Syrup Or Sausage & Egg Biscuit	Homemade Cheese Pizza Or Turkey Club Sandwich
7	8 <b>Cookie Bite Day</b>	9	10	11
Zesty Western BBQ Burger Or Macaroni & Cheese**	Fiesta Nachos Supreme Or Chicken Fajitas	Chicken Alfredo w/Garlic Bread Or Monte Cristo	Chicken Tenders** Or BBQ Chicken Flatbread	Half Day No Lunch
14	15	16 <b>Brownie Bite Day</b>	17	18
Columbus Day No School	Build your own Burrito Or Walking Tacos w/Shredded Cheese	Chicken Bacon Melt Or Rotini w/Meat Sauce Garlic Bread	Parent/Teacher Conferences No School	Parent/Teacher Conferences No School
21 <b>Cookie Bite Day</b>	22	23	24	25
*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	Open Faced Pepperoni Calzone Or Chicken Tenders**
28	29 <b>Brownie Bite Day</b>	30	31 <b>Happy Halloween</b>	
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	

**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



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October 2019

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*-Arbor Management-*

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arbor online  
arbormgt.com



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