

# Morton School District Elementary Lunch Menu

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cheese Pizza Or **Chili Cheese Fries Golden Corn Carroteenies w/dip Juicy Mixed Fruit
4	5 <b>Brownie Bite Day</b>	6	7 <b>Lucky Tray Day</b>	8
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	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
11	12 <b>Lucky Tray Day</b>	13	14	15 <b>Cookie Bite Day</b>
Veterans Day  No School	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	Pizza Dippers w/Garden Marinara Or Crispy Chicken Sandwich BBQ Baked Beans Broccoli Buds Hot Baked Apples
18 <b>Lucky Tray Day</b>	19	20	21 <b>Brownie Bite Day</b>	22 <b>Thanksgiving Meal</b>
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 Baked Potato Puffs Carroteenies w/Dip Chilled Peaches	Crispy Chicken Sandwich Or Mini Corny Corn Dogs Glazed Carrots Broccoli Buds Fresh Orange Smiles	*Sausage Pizza Or Roasted Turkey in Gravy** Mashed Potatoes Seasoned Green Beans Baked Cinnamon Apples <b>Strawberry Milk</b>
25	26 <b>Cookie Bite Day</b>	27	28	29
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	No School  Thanksgiving Break	No School  Thanksgiving Break	No School  Thanksgiving Break

**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 Cheezy Garlic Flatbread Golden Corn
4	5 <b>Cookie Bite Day</b>	6	7	8
*BBQ Rib Patty Sandwich Veggie Beans	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
11	12	13 <b>Brownie Bite Day</b>	14	15
Veteran's Day No School	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
18 <b>Cookie Bite Day</b>	19	20	21	22 <b>Thanksgiving Meal</b>
Macaroni & Cheese** Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken** Mashed Potatoes w/Gravy	Fluffy Pancakes w/**Sausage Oven Fries	Roasted Turkey in Gravy** Mashed Potatoes Baked Cinnamon Apples
25	26 <b>Brownie Bite Day</b>	27	28	29
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break

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

Fresh Deli

Fresh Salads

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.  
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Morton  
 Junior High School  
 November 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!

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 kristina.klein@mcusd709.org  
 309-284-6320

Comprehensive nutrition & allergy guides are available in the Foodservice Office.



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Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheezy Garlic Flatbread Or Sriracha Chicken Sandwich
4 All Beef Patty Melt Or Meatball Sub Sandwich	5 <b>Cookie Bite Day</b> Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	6 Half Day No Lunch	7 Chicken Nuggets w/Waffle & Syrup Or Sausage & Egg Biscuit	8 Homemade Cheese Pizza Or Turkey Club Sandwich
11 Veterans Day No School	12 Fiesta Nachos Supreme Or Chicken Fajitas	13 <b>Brownie Bite Day</b> Chicken Alfredo w/Garlic Bread Or Monte Cristo	14 Chicken Tenders** Or BBQ Chicken Flatbread	15 Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
18 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	19 Build your own Burrito Or Walking Tacos w/Shredded Cheese	20 Chicken Bacon Melt Or Rotini w/Meat Sauce	21 <b>Cookie Bite Day</b> Homemade Chicken and Noodles** Or Mini Corn Dogs	22 <b>Thanksgiving Meal</b> Roasted Turkey in Gravy** Mashed Potatoes Baked Cinnamon Apples Strawberry Milk
25 *Spicy Bacon Cheeseburger or *BBQ Rib Patty	26 <b>Brownie Bite Day</b> Fiesta Nachos Supreme Or Chili Cheese Fries**	27 No School Thanksgiving Break	28 No School Thanksgiving Break	29 No School Thanksgiving Break
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
<b>Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich Grilled Burger Varieties, Nachos &amp; Taco Pretzels A Variety of Fresh Grab and Go Salads and Wraps</b>				
Cheese V *Pepperoni	*Pepperoni *Sausage	Cheese *Pepperoni	*Pepperoni *Sausage	Cheese V *Pepperoni
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

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*~Arbor Management~*

**Make Choices for a Healthy Lifestyle!**

arbor online  
arbor.mgt.com

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