

# Morton School District Elementary Lunch Menu

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3 Lucky Tray Day</b>	<b>4</b>	<b>5 Breakfast for Lunch</b>	<b>6 Cookie Bite Day</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	Half Day  No Lunch	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
<b>9 Breakfast for Lunch</b>	<b>10 Brownie Bite Day</b>	<b>11 Way Cool Wednesday</b>	<b>12 Lucky Tray Day</b>	<b>13</b>
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 <b>Blue Raspberry Slushie</b>	**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>16 Cookie Bite Day</b>	<b>17 Winter Wonderland</b>	<b>18 Way Cool Wednesday</b>	<b>19 Breakfast for Lunch</b>	<b>20</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 <b>Kiwi Strawberry Slushie</b>	French Toast Sticks w/Sausage Patty & Syrup Or Turkey and Cheese Sub Potato Puffs Tiny Tomatoes 100% Fruit Juice	Half Day  No Lunch
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
No School  Christmas Break	No School  Christmas Break	No School  Christmas Break	No School  Christmas Break	No School  Christmas Break
<b>30</b>	<b>31</b>			
No School  Christmas Break	No School  Christmas 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

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 Parmesan Chicken Melt Oven Fries	3 <b>Cookie Bite Day</b> Soft Shell Tacos w/Shredded Cheese	4 Half Day No Lunch	5 Mini Corn Dogs w/Spicy Ketchup Potato Puffs	6 Cheezy Garlic Flatbread Golden Corn
9 *BBQ Rib Patty Sandwich Veggie Beans	10 Taco Pretzel w/Taco Meat & Cheese Golden Corn	11 <b>Way Cool Wednesday</b> Salisbury Steak** Mashed Potatoes w/Gravy <b>Blue Raspberry</b>	12 <b>Breakfast for Lunch</b> Chicken Nuggets w/Waffle & Syrup Potato Puffs	13 <b>Brownie Bite Day</b> Hot Diggity Dog w/Chili Garden Peas
16 <b>Cookie Bite Day</b> Zesty Western BBQ Burger Potato Puffs	17 Fiesta Nachos Supreme Refried Beans	18 <b>Way Cool Wednesday</b> Chicken Alfredo Garlic Bread Glazed Carrots <b>Kiwi Strawberry Slush</b>	19 <b>Winter Wonderland</b> Crispy Chicken Tenders** Oven Fries	20 Half Day No Lunch
23 No School Christmas Break	24 No School Christmas Break	25 No School Christmas Break	26 No School Christmas Break	27 No School Christmas Break
30 No School Christmas Break	31 No School Christmas Break			
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
<b>Crispy Chicken or Spicy Chicken Sandwich Grilled Burgers &amp; Sunbutter &amp; Jelly Sandwich</b>				
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  
 December 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!**

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



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

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[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

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 Parmesan Chicken Melt Or Jumbo Corn Dog	3 <b>Cookie Bite Day</b> Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	4 Half Day No Lunch	5 Sweet & Sour Chicken or <i>Pizza Burger</i>	6 Cheezy Garlic Flatbread Or <i>Sriracha Chicken Sandwich</i>
9 All Beef Patty Melt Or Meatball Sub Sandwich	10 Taco Pretzel w/Taco Meat & Cheese Or <i>Turkey Taco Salad</i>	11 <b>Brownie Bite Day</b> Char Broiled Salisbury Steak** Or 3 Cheese Panini V	12 <b>Breakfast for Lunch</b> Chicken Nuggets w/Waffle & Syrup Or Sausage & Egg Biscuit	13 Homemade Cheese Pizza Or Turkey Club Sandwich
16 <b>Cookie Bite Day</b> Zesty Western BBQ Burger Or Macaroni & Cheese**	17 Fiesta Nachos Supreme Or Chicken Fajitas	18 Chicken Alfredo w/Garlic Bread Or Monte Cristo	19 <b>Winter Wonderland</b> Chicken Tenders** Or BBQ Chicken Flatbread	20 Half Day No Lunch
23 No School Winter Break	24 No School Winter Break	25 No School Winter Break	26 No School Winter Break	27 No School Winter Break
30 No School Winter Break	31 No School Winter 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

V=Vegetarian option available  
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 \*Contains or may contain pork ingredients.

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Morton  
High School  
December 2019

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\$2.90

Milk is included  
with Lunch

**Milk**  
\$0.50

A Variety of Milk  
is Offered Daily

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