



# Morton School District Elementary Lunch Menu

January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No School Christmas Break	No School Christmas Break	No School Christmas Break
6	7 <b>Lucky Tray Day</b>	8	9 <b>Birthday Cookie Day</b>	10
*Bacon Cheeseburger Or Turkey Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	 <i>Fajita Chicken</i> <i>Cheddar Quesadilla</i> 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
13 <b>Breakfast for Lunch</b>	14	15 <b>Way Cool Wednesday</b>	16 <b>Lucky Tray Day</b>	17
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
20	21	22	23 <b>Breakfast for Lunch</b>	24 <b>Lucky Tray Day</b>
No School Martin Luther King Jr Day	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
27 <b>Lucky Tray Day</b>	28	29 <b>Way Cool Wednesday</b>	30	31
Rotini w/Italian Meat Sauce Garlic Bread Or *Pepperoni Pizza Steamed Broccoli Golden Corn Sweet Pears	 <i>Walking Taco Scoops</i> 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 Carroteenies w/Dip Fresh Orange Smiles

**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!



*Arbor Signature Recipe*

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

NEW! Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No School Christmas Break	No School Christmas Break	No School Christmas Break
6	7	8	9	10
Pizza Burger Oven Fries	Soft Shell Tacos Seasoned Black Beans	Half Day No Lunch	Birthday Cookies Mini Corn Dogs w/Spicy Ketchup Potato Puffs	Cheezy Garlic Flatbread Golden Corn
13	14	15	16	17
*BBQ Rib Patty Sandwich Veggie Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Way Cool Wednesday Salisbury Steak** Mashed Potatoes w/Gravy Blue Raspberry Slushie	Breakfast for Lunch Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
20	21	22	23	24
No School Martin Luther King Jr. Day	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo w/Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
27	28	29	30	31
Macaroni & Cheese** Glazed Carrots	Walking Taco Scoops Seasoned Black Beans	Way Cool Wednesday Popcorn Chicken** Mashed Potatoes w/Gravy Kiwi Strawberry Slush	Breakfast for Lunch Fluffy Pancakes w/**Sausage Oven Fries	Pizza Dippers w/Garden Marinara Romaine Salad
Crispy Chicken or Spicy Chicken Sandwich Grilled Burgers, Plant Based Burger Sunbutter & Jelly Sandwich				
NEW Plant Based- Meatless Meatball Sub	NEW Plant Based Buddha Bowl	NEW Plant Based Lentil Pasta Marinara	NEW Plant Based Chicken-less Nuggets	NEW Plant Based Southwest Chicken-less Wrap
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 a roll  
\*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.



Morton  
Junior High  
January 2020

**Lunch \$2.80**  
Milk is Included  
With Meal

**Milk \$0.50**  
A Variety of Milk is  
Offered Daily

Fresh Fruit & Veggie Bar available  
daily with all lunches

**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
- ✓ Plant based options available

~Arbor Management~

**Make Choices for a Healthy Lifestyle!**

arbor online  
arbor.mgt.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

Daily Choices

NEW! Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No School Christmas Break	No School Christmas Break	No School Christmas Break
6	7	8	9	10
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos Or Cheese Quesadilla	No Lunch Half Day	<i>Pizza Burger</i> or Sweet & Sour Chicken	<i>Sriracha Chicken</i> Or Cheezy Garlic Flatbread
13	14	15	16 Breakfast for Lunch	17
All Beef Patty Melt Or Meatball Sub Sandwich	<i>Turkey Taco Salad</i> Or Taco Pretzel Meal	Char Broiled Salisbury Steak** Or 3 Cheese Panini <span style="color: green;">V</span>	Chicken Nuggets w/Waffle Or Sausage & Egg Biscuit	Homemade Cheese Pizza Or Turkey Club Sandwich
20	21	22	23	24
No School Martin Luther King Jr Day	Fiesta Nachos Supreme Or Chicken Fajitas	Chicken Alfredo w/Garlic Bread Or Monte Cristo	Chicken Tenders** Or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
27	28	29	30	31
Popcorn Chicken Bowl Or Chili Dog w/Cheese	<i>Chipotle Chicken Burrito Bowl</i> Or Walking Tacos	Chicken Bacon Melt Or Rotini w/Meat Sauce	Chicken & Noodles** Or Mini Corn Dogs	Pizza Grilled Cheese Or Pizza Dippers w/Marinara
<b>Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich Grilled Burger Varieties, Plant Based Burger, Nachos &amp; Taco Pretzels A Variety of Fresh Grab and Go Salads and Wraps</b>				
<b>NEW</b> Plant Based-Meatless Meatball Sub	<b>NEW</b> Plant Based Buddha Bowl	<b>NEW</b> Plant Based Lentil Pasta Marinara	<b>NEW</b> Plant Based Chicken-less Nuggets	<b>NEW</b> Plant Based Southwest Chicken-less Wrap
Cheese <span style="color: green;">V</span> Or *Pepperoni	*Pepperoni Or *Sausage	Cheese <span style="color: green;">V</span> Or *Pepperoni	*Pepperoni Or *Sausage	Cheese <span style="color: green;">V</span> Or *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 <span style="color: green;">**V</span>

V=Vegetarian option available  
 \*\*Served with a roll  
 \*Contains or may contain pork ingredients.

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Morton  
High School  
January 2020

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Milk is Included  
With Meal

**Milk \$0.50**  
A Variety of Milk is  
Offered Daily

Fresh Fruit & Veggie Bar available  
daily with all lunches

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