


# Morton School District Elementary Lunch Menu

February 2020



| Monday                                                                                                                      | Tuesday                                                                                                                                                                                                         | Wednesday                                                                                                                               | Thursday                                                                                                                        | Friday                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>3 Breakfast for Lunch</b>                                                                                                | <b>4 Lucky Tray Day</b>                                                                                                                                                                                         | <b>5</b>                                                                                                                                | <b>6 Birthday Cookie Day</b>                                                                                                    | <b>7</b>                                                                                                                 |
| Chicken Nuggets w/ Belgian Waffle<br>Or<br>*BBQ Rib Sandwich<br>Steamed Broccoli<br>Tiny Tomatoes<br>100% Fruit Juice       | Nacho Supreme w/Taco Meat & Cheese Sauce<br>Or<br>Crispy Chicken Sandwich<br>Refried Beans<br>Zesty Salsa<br>Cinnamon Applesauce                                                                                | Half Day<br><br>No Lunch                                                                                                                | **Seasoned Chicken Tenders<br>Or<br>Grilled Cheese Sandwich<br>Mashed Potatoes w/Gravy<br>Baby Carrots w/Dip<br>Fresh Red Apple | Pizza Dippers w/Marinara<br>Or<br>Ham & Cheese Sub<br>Garden Peas<br>Sliced Cucumbers<br>Chilled Peaches                 |
| <b>10 Lucky Tray Day</b>                                                                                                    | <b>11 Brownie Bite Day</b>                                                                                                                                                                                      | <b>12 Way Cool Wednesday</b>                                                                                                            | <b>13 Breakfast for Lunch</b>                                                                                                   | <b>14 Valentine's Day</b>                                                                                                |
| *Bacon Cheeseburger<br>Or<br>Turkey Pepperoni Pizza<br>Oven Fries<br>Shredded Romaine<br>Orange Wedges                      |  <i>Fajita Chicken &amp; Cheddar Quesadilla</i><br>Or<br>Hot Diggity Dog<br>BBQ Baked Beans<br>Fresh Pico Salsa<br>Sweet Pears | **Homemade Macaroni & Cheese<br>Or<br>Crispy Chicken Sandwich<br>Garden Peas<br>Tiny Tomatoes<br><a href="#">Blue Raspberry Slushie</a> | Belgian Waffle w/Scrambled Eggs<br>Or<br>Yogurt & Cheese Fun Meal<br>Potato Smiles<br>Broccoli Buds<br>Blueberries              | Cheese Pizza<br>Or<br>**Chili Cheese Fries<br>Golden Corn<br>Baby Carrots w/Dip<br>Juicy Mixed Fruit                     |
| <b>17</b>                                                                                                                   | <b>18 Breakfast for Lunch</b>                                                                                                                                                                                   | <b>19 Cookie Bite Day</b>                                                                                                               | <b>20</b>                                                                                                                       | <b>21 Lucky Tray Day</b>                                                                                                 |
| No School<br><br>Presidents' Day                                                                                            | Fluffy Pancakes w/Sausage & Syrup<br>Or<br>Juicy Hamburger<br>Oven Fries<br>Sliced Cucumbers<br>Chilled Peaches                                                                                                 | Mini Corny Corn Dogs<br>Or<br>**Chicken Alfredo Bake<br>Romaine Salad w/Dressing<br>Tiny Tomatoes<br>Fresh Red Apple                    | **Popcorn Chicken<br>Or<br>*BBQ Rib Sandwich<br>Mashed Potatoes w/Gravy<br>Baby Carrots w/Dip<br>100% Fruit Juice               | *Sausage Pizza<br>Or<br>Hot Diggity Dog<br>Seasoned Green Beans<br>Broccoli Buds<br>Blueberries                          |
| <b>24</b>                                                                                                                   | <b>25 Lucky Tray Day</b>                                                                                                                                                                                        | <b>26 Way Cool Wednesday</b>                                                                                                            | <b>27 Breakfast for Lunch</b>                                                                                                   | <b>28 Brownie Bite Day</b>                                                                                               |
| Western BBQ Burger<br>Or<br>Sunbutter and Jelly Sandwich<br>Steamed Broccoli<br>Baby Carrots w/Dip<br>Strawberry Applesauce | Soft Shell Tacos<br>Or<br>Chili Cheese Dog<br>Glazed Carrots<br>Sliced Cucumbers<br>Chilled Peaches                                                                                                             | **Cheese Pizza<br>Or<br>**Savory Salisbury Steak<br>Mashed Potatoes w/Gravy<br>Sweet Corn<br><a href="#">Kiwi Strawberry Slushie</a>    | French Toast Sticks w/Sausage & Syrup<br>Or<br>Turkey and Cheese Sub<br>Potato Puffs<br>Tiny Tomatoes<br>100% Fruit Juice       | Pizza Dippers w/Garden Marinara<br>Or<br>Crispy Chicken Sandwich<br>BBQ Baked Beans<br>Broccoli Buds<br>Hot Baked Apples |
|                                                                                                                             |                                                                                                                                                                                                                 |                                                                                                                                         |                                                                                                                                 |                                                                                                                          |

**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.



Daily Special  
Includes fruit and vegetable choices,  
whole grain breads or rolls, and milk

Daily Choices

NEW!  
Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



| Monday                                                                                                                             | Tuesday                                          | Wednesday                                                                                  | Thursday                                                 | Friday                                                  |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|
| 3                                                                                                                                  | 4 <b>Brownie Bite Day</b>                        | 5                                                                                          | 6 <b>Birthday Cookie</b>                                 | 7                                                       |
| *Juicy Bacon Cheeseburger<br>Golden Corn                                                                                           | Fiesta Nachos Supreme<br>Refried Beans           | Half Day<br>No Lunch                                                                       | French Toast Sticks<br>w/Sausage & Syrup<br>Potato Puffs | Homemade Buffalo Chicken<br>Pizza<br>Savory Green Beans |
| 10 <b>Cookie Bite Day</b>                                                                                                          | 11                                               | 12 <b>Way Cool Wednesday</b>                                                               | 13                                                       | 14 <b>Valentine's Day</b>                               |
| <i>Pizza Burger</i><br>Oven Fries                                                                                                  | Soft Shell Tacos<br>Seasoned Black Beans         | Italian Spaghetti & Meatballs** w/Garlic Bread<br><b>Blue Raspberry Slushie</b>            | Mini Corn Dogs<br>w/Spicy Ketchup<br>Potato Puffs        | Cheezy Garlic Flatbread<br>Golden Corn                  |
| 17                                                                                                                                 | 18                                               | 19 <b>Brownie Bite Day</b>                                                                 | 20 <b>Breakfast for Lunch</b>                            | 21                                                      |
| No School<br>President's Day                                                                                                       | Taco Pretzel w/Taco Meat & Cheese<br>Golden Corn | Savory Salisbury Steak**<br>Mashed Potatoes w/Gravy                                        | Chicken Nuggets w/Waffle & Syrup<br>Potato Puffs         | Hot Diggity Dog w/Chili<br>Garden Peas                  |
| 24                                                                                                                                 | 25 <b>Cookie Bite Day</b>                        | 26 <b>Way Cool Wednesday</b>                                                               | 27                                                       | 28                                                      |
| Zesty Western BBQ Burger<br>Potato Puffs                                                                                           | <i>Walking Taco Scoops</i><br>Refried Beans      | Rotini Pasta w/Marinara & Garlic Bread<br>Glazed Carrots<br><b>Kiwi Strawberry Slushie</b> | Crispy Chicken Tenders**<br>Oven Fries                   | Homemade Cheese Pizza<br>Steamed Broccoli               |
| <b>Crispy Chicken or Spicy Chicken Sandwich<br/>Grilled Burgers, Our New—Plant Based Burger<br/>Sunbutter &amp; Jelly Sandwich</b> |                                                  |                                                                                            |                                                          |                                                         |
| <b>New</b><br>Meatless Meatball Sub                                                                                                | <b>New</b><br>Chicken-less Buddha Bowl           | <b>New</b><br>Lentil Pasta Marinara w/Garlic Bread                                         | <b>New</b><br>Chicken-less Nuggets w/Roll                | <b>New</b><br>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 February 2020

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

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

**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!**

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

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

Questions about the menu?  
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Comprehensive nutrition & allergy guides are available in the Foodservice Office.



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

Daily Special

Daily Choices  
NEW! Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



| Monday                                                                                                                                                                                                                           | Tuesday                                       | Wednesday                                                    | Thursday                                                  | Friday                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------|
| 3                                                                                                                                                                                                                                | 4 Cookie Bite Day                             | 5                                                            | 6                                                         | 7                                                                 |
| *Spicy Bacon Cheeseburger or *BBQ Rib Sandwich                                                                                                                                                                                   | Fiesta Nachos Supreme or Chili Cheese Fries** | No Lunch Half Day                                            | Toasted Italian Sub or Chicken Popper Basket**            | Open Faced Pepperoni Calzone or Chicken Tenders**                 |
| 10 Brownie Bite Day                                                                                                                                                                                                              | 11                                            | 12                                                           | 13                                                        | 14 Valentine's Day                                                |
| Parmesan Chicken Melt or Jumbo Corn Dog                                                                                                                                                                                          | Soft Shell Tacos or Cheese Quesadilla         | Italian Spaghetti w/Meatballs** or Buffalo Chicken Panini    | <i>Pizza Burger</i> or Sweet & Sour Chicken w/Rice        | <i>Spicy Sriracha Chicken Sandwich</i> or Cheezy Garlic Flatbread |
| 17                                                                                                                                                                                                                               | 18                                            | 19 Cookie Bite Day                                           | 20 Breakfast for Lunch                                    | 21                                                                |
| No School President's Day                                                                                                                                                                                                        | <i>Turkey Taco Salad</i> or Taco Pretzel Meal | Savory Salisbury Steak** or Three Cheese Panini V            | Chicken Nuggets w/Belgian Waffle or Sausage & Egg Biscuit | Homemade Cheese Pizza or Turkey Club Sandwich                     |
| 24                                                                                                                                                                                                                               | 25 Brownie Bite Day                           | 26                                                           | 27                                                        | 28                                                                |
| Zesty Western BBQ Burger or Homemade Macaroni & Cheese**                                                                                                                                                                         | Fiesta Nachos Supreme or Chicken Fajitas      | Rotini Pasta /Marinara & Breadstick or Monte Cristo Sandwich | Seasoned Chicken Tenders** or BBQ Chicken Flatbread       | Stuffed Italian Pizza w/Marinara or Jumbo Corn Dog                |
| <p><b>Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich</b><br/> <b>Grilled Burger Varieties, Our New Plant Based Burger, Nachos &amp; Taco Pretzels</b><br/> <b>A Variety of Fresh Grab and Go Salads and Wraps</b></p> |                                               |                                                              |                                                           |                                                                   |
| <b>New</b> Meatless Meatball Sub                                                                                                                                                                                                 | <b>New</b> Chicken-less Buddha Bowl           | <b>New</b> Lentil Pasta Marinara w/Garlic Bread              | <b>New</b> Chicken-less Nuggets w/Roll                    | <b>New</b> Southwest Chicken-less Wrap                            |
| Cheese V or *Pepperoni                                                                                                                                                                                                           | *Pepperoni or *Sausage                        | Cheese V or *Pepperoni                                       | *Pepperoni or *Sausage                                    | Cheese V 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 **V                                                  |

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High School  
February 2020

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