

# Morton School District Elementary Lunch Menu

March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Lucky Tray Day</b>	<b>3 Cookie Bite Day</b>	<b>4</b>	<b>5 Birthday Cookie Day</b>	<b>6</b>
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 100% Fruit Juice	Half Day  No Lunch	Breaded Chicken Sandwich Or Mini Corny Corn Dogs Mashed Potatoes w/Gravy Broccoli Buds Cinnamon Applesauce	Half Day  No Lunch
<b>9 Breakfast for Lunch</b>	<b>10</b>	<b>11 Way Cool Wednesday</b>	<b>12 Brownie Bite Day</b>	<b>13 Lucky Tray Day</b>
Chicken Nuggets w/Belgian Waffle Or *BBQ Rib Sandwich Sweet Mashed Potatoes Broccoli Buds 100% Fruit Juice	Nacho Supreme w/Taco Meat & Cheese Sauce Or Breaded Chicken Sandwich Golden Corn Refried Beans Cinnamon Applesauce	Mini Corny Corn Dogs Or Juicy Cheeseburger BBQ Baked Beans Shredded Romaine Lettuce <i>Blue Raspberry Slushie</i>	**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>16 Cookie Bite Day</b>	<b>17 St. Patrick's Day</b>	<b>18 Lucky Tray Day</b>	<b>19 Breakfast for Lunch</b>	<b>20 Taste Test Day</b>
*Bacon Cheeseburger Or Turkey Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	<i>Fajita Chicken &amp; Cheese Quesadilla</i> Or Hot Diggity Dog BBQ Baked Beans Fresh Pico Salsa Sweet Pears	**Homemade Macaroni & Cheese Or Breaded Chicken Sandwich Garden Peas Tiny Tomatoes 100% Fruit Juice	Belgian Waffle w/Eggs Or Yogurt & Cheese Fun Meal Potato Smiles Broccoli Buds Strawberries	Cheese Pizza Or **Chili Cheese Fries Golden Corn Carroteenies w/dip Juicy Mixed Fruit
<b>23 Breakfast for Lunch</b>	<b>24 Brownie Bite Day</b>	<b>25 Way Cool Wednesday</b>	<b>26 Lucky Tray Day</b>	<b>27</b>
Fluffy Pancakes w/Sausage & Syrup Or Juicy Hamburger Oven Fries Sliced Cucumbers Chilled Peaches	Fiesta Nachos with Taco Meat & Cheese Sauce Or Breaded Chicken Sandwich Seasoned Black Beans Fresh Zesty Salsa Cinnamon Pears	Mini Corny Corn Dogs Or **Homemade Chicken Alfredo Bake Romaine Salad w/Dressing Tiny Tomatoes <i>Kiwi Strawberry Slushie</i>	**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>30 Lucky Tray Day</b>	<b>31</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			

**HELP WANTED! NOW  
HIRING FOR FOOD SERVICE POSITIONS. FOR MORE  
INFORMATION CALL KRISTINA AT: 309-284-6320**

**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
2 <b>Cookie Bite Day</b> Homemade Macaroni & Cheese** Glazed Carrots	3 <i>Walking Taco Scoops</i> Seasoned Black Beans	4 Half Day No Lunch	5 <b>Breakfast for Lunch</b> Fluffy Pancakes w/**Sausage Oven Fries	6 Half Day No Lunch
9 *Juicy Bacon Cheeseburger Golden Corn	10 Fiesta Nachos Supreme Refried Beans	11 <i>Way Cool Wednesday</i> <i>Chicken Pot Pie w/Whole Grain Biscuit</i> Roasted Broccoli Blue Raspberry Slushie	12 <b>Breakfast for Lunch</b> French Toast Sticks w/Sausage & Syrup Potato Puffs	13 <b>Brownie Bite Day</b> Homemade Buffalo Chicken Pizza Savory Green Beans
16 <i>Pizza Burger</i> Oven Fries	17 <b>St. Patrick's Day</b> Soft Shell Tacos Seasoned Black Beans	18 Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	19 <b>Cookie Bite Day</b> Mini Corn Dogs w/Spicy Ketchup Potato Puffs	20 <b>Taste Test Day</b> Cheezy Garlic Flatbread Golden Corn
23 *BBQ Rib Sandwich Sweet Mashed Potatoes	24 <b>Brownie Bite Day</b> Taco Pretzel w/Taco Meat & Cheese Refried Beans	25 <i>Way Cool Wednesday</i> Savory Salisbury Steak** Mashed Potatoes w/Gravy Kiwi Strawberry Slushie	26 <b>Breakfast for Lunch</b> Chicken Nuggets w/Belgian Waffle & Syrup Potato Puffs	27 Hot Diggity Dog w/Chili Garden Peas
30 <b>Cookie Bite Day</b> Zesty Western BBQ Burger Baked Vegetarian Beans	31 Fiesta Nachos Supreme Chili Lime Sweet Corn	<div style="border: 1px solid red; padding: 5px;"> <b>HELP WANTED! NOW</b>  <b>HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL KRISTINA AT: 309-284-6320</b> </div>		
<b>Crispy Chicken or Spicy Chicken Sandwich</b> <b>Grilled Burgers, Our New—Plant Based Burger</b> <b>Sunbutter &amp; Jelly Sandwich</b>				
<b>NEW</b> Plant Based Meat-less 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 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  
March 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!**



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

Questions about the menu?  
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kristina.klein@mcusd709.org  
309-284-6320

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



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
2 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	3 <i>Chipotle Chicken Burrito Bowl</i> Or Walking Tacos	4 Half Day No Lunch	5 Cookie Bite Day Homemade Chicken and Noodles** Or Mini Corn Dogs	6 Half Day No Lunch
9 Brownie Bite Day *Spicy Bacon Cheeseburger or *BBQ Rib Sandwich	10 Fiesta Nachos Supreme Or Chili Cheese Fries**	11 Wing Wednesday** or Hot Diggity Dog	12 Toasted Italian Sub Or Chicken Popper Basket	13 Open Faced Pepperoni Calzone Or Chicken Tenders**
16 Parmesan Chicken Melt or Jumbo Corn Dog	17 St. Patrick's Day Soft Shell Tacos or Cheese Quesadilla	18 Cookie Bite Day Italian Spaghetti w/Meatballs** or Buffalo Chicken Panini	19 <i>Pizza Burger</i> or Sweet & Sour Chicken w/Rice	20 Taste Test Day <i>Spicy Sriracha Chicken Sandwich</i> or Cheezy Garlic
23 All Beef Patty Melt Or Meatball Sub Sandwich	24 Brownie Bite Day <i>Turkey Taco Salad</i> or Taco Pretzel Meal	25 Savory Salisbury Steak** or 3 Cheese Panini V	26 Breakfast for Lunch Chicken Nuggets w/Belgian Waffle or Sausage & Egg Biscuit	27 Homemade Cheese Pizza or Turkey Club Sandwich
30 Cookie Bite Day Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	31 <i>Chipotle Chicken Burrito Bowl</i> Or Walking Tacos	HELP WANTED! NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL KRISTINA AT: 309-284-6320		
Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich Grilled Burger Varieties, Our New Plant Based Burger, Nachos & Taco Pretzels A Variety of Fresh Grab and Go Salads and Wraps				
<b>NEW!</b> Plant Based Meat-less 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 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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\*\*Served with a roll  
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Morton  
High School  
March 2020

**Lunch \$2.90**  
Milk is Included  
With Meal

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

**Fruit & Veggie Bar available  
daily with all lunches**

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