

September 2020

Morton School District High School Lunch Menu



Lunch \$ 2.90
Milk .60¢

Included with Every Meal
Fruit and Vegetables
1% or Fat-Free Milk

Entrées Available Daily
Chicken Sandwich Varieties
Grilled Burger Varieties
Pizza Varieties

Menu changes are occasionally necessary. Notice will be given when possible.
This institution is an equal opportunity employer.

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!

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken & Belgian Waffles Tater Tots Baby Carrots Orange Juice	Creamy Chicken Alfredo Texas Toast Steamed Broccoli Raisins	Chili Cheese Fries Soft Pretzel Seasoned Black Beans Sliced Cucumbers Mandarin Oranges	Chicken Drumstick Rice Pilaf Spiral Fries Green Beans Fresh Fruit
7	8	9	10	11
No Service Labor Day	Chicken & Cheese Nachos Zesty Salsa Baby Carrots Diced Peaches	Bosco Sticks Marinara Sauce Green Salad Craisins	*BBQ Rib Sandwich Baked Beans Fresh Coleslaw Fresh Fruit	Homemade Mac & Cheese Cornbread Muffin Sliced Cucumbers Fresh Fruit
14	15	16	17	18
Chicken Parmesan Sandwich Shoestring Fries Roasted Zucchini Diced Peaches	Soft Tacos Zesty Salsa Refried Beans Applesauce	Wings of Fire Dinner Roll Baby Carrots Celery Sticks Raisins	Italian Meatball Sub Steamed Broccoli Diced Pears	Chicken Bacon Melt Spiral Fries Sliced Cucumbers Fresh Fruit
21	22	23	24	25
Beef Sloppy Joe Sliders Tater Tots Sliced Cucumbers Applesauce	Chicken Fajitas Seasoned Black Beans Zesty Salsa Fresh Fruit	Penne Pasta Bolognese Garlic Bread Green Salad Craisins	Savory Salisbury Steak Biscuit Mashed Potatoes w/ Gravy Seasoned Green Beans Fresh Fruit	Yang's Orange Chicken Steamed Rice Sliced Carrots Baked Beans Fresh Fruit
28	29	30		
Corn Dog Nuggets Steamed Broccoli Celery Sticks Diced Peaches	Fiesta Nacho Supreme Zesty Salsa Refried Beans Applesauce	Homemade Mac & Cheese Dinner Roll Seasoned Green Peas Sliced Cucumbers Raisins		