# October

## **Elementary Lunch**



	Monday	Tuesday	Wednesday	Thursday	Friday	Management Inc.
1				1 Grilled Chicken	2 Italian Meatball Sub	
				Bacon Melt Or Chicken Salad w/Pita Vegetable of the Day Fruit Serving	Or Pizza Munchable with Cheese & Marinara –V Vegetable of the Day Fruit Serving	FREE LUNCH
	5	6	7	8	9	
	Mini Corn Dogs Or Grilled Cheese Sandwich –V Vegetable of the Day	Chicken Fajita w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day	Half Day No Lunch Service	Chicken Nuggets Or Turkey Ranch Roll–Up Vegetable of the Day Fruit Serving	Half Day No Lunch Service	Fruit and Vegetable
Carlo V	Fruit Serving	Fruit Serving				1% or Fat-Free Milk
1	12	13	14	15	16	
	Columbus Day No Service	French Toast Sticks w/Turkey Sausage Or Cheese Sticks - V Tortilla Chips & Salsa Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap—V Vegetable of the Day Fruit Serving	P/T Conferences No Service	P/T Conferences No Service	Menu changes are occasionally nec- essary. Notice will be given when pos- sible. This institution is an equal op- portunity employer.
	19	20	21	22	23	- P
and the second of the second se	Hot Dog Or Cheddar Cheese Stick—V Goldfish Pretzels Hard Boiled Egg Vegetable of the Day Fruit Serving	Chicken Sandwich Or Crispy Chicken Roll-Up Vegetable of the Day Fruit Serving	Turkey Soft Tacos Or Hot Ham & Cheese Sandwich –V Vegetable of the Day Fruit Serving	Chicken Nuggets Or Chef Salad w/Whole Grain Tortilla Vegetable of the Day Fruit Serving	Grilled Cheese Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	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
	26	27	28	29	30	✓ Fresh whole and multigrain bread, buns and baked goods
	Chicken Tenders Or <u>Yogurt Pack – V</u> Strawberry Yogurt Cheese Stick Cinnamon Roll Vegetable of the Day Fruit Serving	Chicken Sandwich Or Sun Butter & Jelly Wrap –V Vegetable of the Day Fruit Serving	Fiesta Nachos Or Turkey Sandwich Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Or Cheese Quesadilla –V Vegetable of the Day Fruit Serving	Cheese Pizza Or Jumbo Corn Dog Vegetable of the Day Fruit Serving	<ul> <li>✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms — Arber Illanagement ~</li> <li>Make Choices for a Healthy Lifestyle!</li> <li>Image of the state of</li></ul>

### October Jr. High Lunch Monday Friday **Tuesday** Wednesday Thursday 2 Grilled Chicken Italian Meatball Sub **Bacon Melt** Or Pizza Munchable Or FREE LUNCH Chicken Salad w/Pita with Cheese Vegetable of the Day & Marinara –V **Fruit Servina** Vegetable of the Day **Fruit Serving Included with Every Meal** 6 8 9 **Fruit and Vegetable** Mini Corn Dogs Chicken Fajita Half Day **Chicken Nuggets** Half Day w/Roasted Peppers **No Lunch Service No Lunch Service** 1% or Fat-Free Milk Or Or **Grilled Cheese** Turkey Ranch Roll-Up Or Sandwich -V **Turkey & Cheese Sub** Vegetable of the Day Vegetable of the Day Vegetable of the Day Fruit Servina Fruit Servina Fruit Servina 12 13 14 15 16 **Entrées Available Daily** French Toast Sticks Homemade P/T Conferences P/T Conferences Columbus Dav **Chicken Sandwich Varieties** No Service w/Turkev Sausaae Mac & Cheese No Service No Service Or Or **Grilled Burger Varieties** Cheese Sticks - V Sun Butter & Jelly Tortilla Chips & Salsa Wrap-V **Pizza Varieties** Vegetable of the Day Vegetable of the Day **Fruit Serving** Fruit Serving 22 19 20 21 23 Hot Dog Chicken Sandwich **Turkey Soft Tacos Chicken Nuggets Grilled Cheese** Or Or Or Or Arbor A+ Nutrition Mission Chef Salad w/Whole Grain Cheddar Cheese Stick-V Crispy Chicken Roll-Up Hot Ham & Cheese Turkey & Cheese Sub To serve students daily: **Goldfish Pretzels** Vegetable of the Day Sandwich -V Tortilla Vegetable of the Day Hard Boiled Egg **Fruit Serving** Vegetable of the Day Vegetable of the Day **Fruit Serving** ✓ A wide variety of fresh, nutrient rich foods Vegetable of the Day **Fruit Serving Fruit Serving** ✓ Fresh fruits and vegetables, locally **Fruit Servina** sourced as seasonally available ✓ Cage free poultry with no added hormones or steroids 26 27 28 29 30 ✓ Fresh whole and multigrain bread, buns Chicken Tenders Chicken Sandwich Fiesta Nachos French Toast Sticks Cheese Pizza and baked goods Or Or Or w/Turkey Sausage Or ✓ No-fat or 1% milk free from any growth Yogurt Pack -V Sun Butter & Jelly Turkey Sandwich Jumbo Corn Dog Or hormones from local, sustainable farms Cheese Quesadilla –V Strawberry Yogurt Wrap -V Vegetable of the Day Vegetable of the Day ~Arbor Management~ Cheese Stick Vegetable of the Day Vegetable of the Day Fruit Servina Fruit Servina **Cinnamon Roll** Fruit Servina Fruit Servina Make Choices for a Healthy Lifestyle! Vegetable of the Day **Fruit Serving** For more information or to Ask the Dietitian", eck out our websit Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.

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### Morton School District High School Lunch Menu



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N. C.	Monday	Tuesday	Wednesday	Thursday	Friday	Free Lunch
A A A A A A A A A A A A A A A A A A A	_			1 Chili Cheese Fries w/Pretzel Rod Vegetable of the Day Fruit Serving	2 Chicken Drumstick Vegetable of the Day Fruit Serving	Included with Every Meal Fruit and Vegetables 1% or Fat-Free Milk
	5 Chicken Teriyaki w/Rice Vegetable of the Day Fruit Serving	6 Chicken & Cheese Nachos Vegetable of the Day Fruit Serving	7 Half Day No Lunch Service	8 *BBQ Rib Sandwich Vegetable of the Day Fruit Serving	9 Half Day No Lunch Service	<u>Entrées Available Daily</u> Chicken Sandwich Varieties Grilled Burger Varieties
	12 Columbus Day No Service	13 Soft Tacos Vegetable of the Day Fruit Serving	14 Wings of Fire Vegetable of the Day Fruit Serving	15 P-T Conferences No Service	16 P-T Conferences No Service	Pizza Varieties Menu changes are occasionally neces- sary. Notice will be given when possible. This institution is an equal opportunity
	19 Beef Sloppy Joe Sliders Vegetable of the Day Fruit Serving	20 Chicken Fajitas Vegetable of the Day Fruit Serving	21 Penne Pasta Bolognese Vegetable of the Day Fruit Serving	22 Savory Salisbury Steak w/Biscuit Vegetable of the Day Fruit Serving	23 Yang's Orange Chicken w/Rice Vegetable of the Day Fruit Serving	employer. <u>Arbor A+ Nutrition Mission</u> To serve students daily: ✓ A wide variety of fresh, nutrient rich foods ✓ Fresh fruits and vegetables, locally sourced as seasonally available
	26 Corn Dog Nuggets Vegetable of the Day Fruit Serving	27 Fiesta Nacho Supreme Vegetable of the Day Fruit Serving	28 Homemade Mac & Cheese Vegetable of the Day Fruit Serving	29 Cheesy Garlic Flatbread Vegetable of the Day Fruit Serving	30 Toasted Cheese Sandwich Tomato Soup Fruit Serving	<ul> <li>✓ Cage free poultry with no added hormones or steroids</li> <li>✓ Fresh whole and multigrain bread, buns and baked goods</li> <li>✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms <i>~Arber Management~</i></li> <li>Make Choices for a Healthy Lifestyle!</li> </ul>



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