



December Morton Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Fajita w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Half Day No Lunch	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Or Bean & Cheese Dip with Nacho Chips—V Vegetable of the Day Fruit Serving
7	8	9	10	11
Cheeseburger Or Crispy Chicken Salad Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Or Cheese Sticks Graham Bears- V Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap—V Vegetable of the Day Fruit Serving	Pizza Dippers w/Marinara Sauce—V Or Turkey Sandwich Vegetable of the Day Fruit Serving	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —V Vegetable of the Day Fruit Serving
14	15	16	17	18
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 Vegetable of the Day Fruit Serving	Chicken Nuggets Or Chef Salad w/Whole Grain Tortilla Vegetable of the Day Fruit Serving	Half Day No Lunch
21	22	23	24	25
Remote Meals	No School	No School	No School	No School
Chicken Tenders Vegetable of the Day Fruit Serving Monday Pick up For the Week	Chicken Sandwich Vegetable of the Day Fruit Serving	Fiesta Nachos Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Vegetable of the Day Fruit Serving	Cheese Pizza Vegetable of the Day Fruit Serving
28	29	30	31	
Remote Meals	No School	No School	No School	
Mini Corn Dogs Vegetable of the Day Fruit Serving Monday Pick up For the Week	Hamburger Vegetable of the Day Fruit Serving	Soft Shell Tacos Vegetable of the Day Fruit Serving	Chicken Nuggets Vegetable of the Day Fruit Serving	

**FREE
MEALS**

**To All Children
18 and Under**

Included with Every Meal

**Fruit and Vegetable
1% or Fat-Free Milk**

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

*Contains or may contain pork

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!



December Morton Jr. High Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Fajita w/ Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Half Day No Lunch	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Or Bean & Cheese Dip with Nacho Chips—V Vegetable of the Day Fruit Serving
7	8	9	10	11
Cheeseburger Or Crispy Chicken Salad Vegetable of the Day Fruit Serving	French Toast Sticks w/ Turkey Sausage Or Cheese Sticks Graham Bears - V Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap—V Vegetable of the Day Fruit Serving	Pizza Dippers w/ Marinara Sauce—V Or Turkey Sandwich Vegetable of the Day Fruit Serving	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —V Vegetable of the Day Fruit Serving
14	15	16	17	18
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 Vegetable of the Day Fruit Serving	Chicken Nuggets Or Chef Salad w/ Whole Grain Tortilla Vegetable of the Day Fruit Serving	Half Day No Lunch
21 Remote Meals	22 No School	23 No School	24 No School	25 No School
Chicken Tenders Vegetable of the Day Fruit Serving Monday Pick up For the Week	Chicken Sandwich Vegetable of the Day Fruit Serving	Fiesta Nachos Vegetable of the Day Fruit Serving	French Toast Sticks w/ Turkey Sausage Vegetable of the Day Fruit Serving	Cheese Pizza Vegetable of the Day Fruit Serving
28 Remote Meals	29 No School	30 No School	31 No School	
Mini Corn Dogs Vegetable of the Day Fruit Serving Monday Pick up For the Week	Hamburger Vegetable of the Day Fruit Serving	Soft Shell Tacos Vegetable of the Day Fruit Serving	Chicken Nuggets Vegetable of the Day Fruit Serving	

**FREE
MEALS**
**To All Children
18 and Under**

Entrées Available Daily
Chicken Sandwich Varieties

Grilled Burger Varieties

Pizza Varieties

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

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December

Morton School District High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken & Belgian Waffles Vegetable of the Day Fruit Serving	Half Day No Lunch	Chili Cheese Fries w/Pretzel Rod Vegetable of the Day Fruit Serving	Chicken Drumstick Vegetable of the Day Fruit Serving
7	8	9	10	11
Chicken Teriyaki w/Rice Vegetable of the Day Fruit Serving	Chicken & Cheese Nachos Vegetable of the Day Fruit Serving	Bosco Sticks Marinara Sauce Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Vegetable of the Day Fruit Serving
14	15	16	17	18
Chicken Parmesan Sandwich Vegetable of the Day Fruit Serving	Soft Tacos Vegetable of the Day Fruit Serving	Wings of Fire Vegetable of the Day Fruit Serving	Italian Meatball Sub Vegetable of the Day Fruit Serving	Half Day No Lunch
21 Remote Meals	22 No School	23 No School	24 No School	25 No School
Chicken Tenders Vegetable of the Day Fruit Serving Monday Meal Pick Up For the Week	Chicken Sandwich Vegetable of the Day Fruit Serving	Fiesta Nachos Vegetable of the Day Fruit Serving	French Toast Stick w/Turkey Sausage Vegetable of the Day Fruit Serving	Cheese Pizza Vegetable of the Day Fruit Serving
28 Remote Meals	29 No School	30 No School	31 No School	
Corn Dog Nuggets Vegetable of the Day Fruit Serving Monday Meal Pick Up For the Week	Hamburger Vegetable of the Day Fruit Serving	Soft Tacos Vegetable of the Day Fruit Serving	Chicken Nuggets Vegetable of the Day Fruit Serving	

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MEALS**
**To All Children
18 and Under**

Entrées Available Daily
Chicken Sandwich Varieties
Grilled Burger Varieties
Pizza Varieties

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1% or Fat-Free Milk

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