



January Morton Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
				*BBQ Rib Sandwich Vegetable of the Day Fruit Serving Remote Meal Picked up 12/28
4	5	6	7	8
No School Institute Day No Lunch	French Toast Sticks w/Turkey Sausage Or Cheese Sticks Graham Bears- ✓ Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Sandwich—✓ Vegetable of the Day Fruit Serving	Pizza Dippers w/Marinara Sauce—✓ Or Turkey Sandwich Vegetable of the Day Fruit Serving	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —✓ Vegetable of the Day Fruit Serving
11	12	13	14	15
Hot Dog Or Cheddar Cheese Stick—✓ 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	Grilled Cheese Sandwich—✓ Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving
18	19	20	21	22
No School Martin Luther King Jr. Day	Chicken Sandwich Or Sunbutter & Jelly Sandwich—✓ Vegetable of the Day Fruit Serving	Turkey Nachos Or Turkey Sandwich Vegetable of the Day Fruit Serving	*Grilled Chicken Bacon Melt Or Chicken Salad w/Pita Vegetable of the Day Fruit Serving	Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara —✓ Vegetable of the Day Fruit Serving
25	26	27	28	29
Mini Corn Dogs Or Grilled Cheese Sandwich—✓ Vegetable of the Day Fruit Serving	Chicken Fajitas w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Turkey Nachos Or Crispy Chicken Salad Vegetable of the Day Fruit Serving	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Or Bean & Cheese Dip w/Nacho Chips—✓ 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!



January Morton Jr. High Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
				*BBQ Rib Sandwich Vegetable of the Day Fruit Serving Remote Meal Picked up 12/28
4	5	6	7	8
No School Institute Day No Lunch	French Toast Sticks w/Turkey Sausage Or Cheese Sticks Graham Bears - ✓ Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap—✓ Vegetable of the Day Fruit Serving	Pizza Dippers w/Marinara Sauce—✓ Or Turkey Sandwich Vegetable of the Day Fruit Serving	Hot Turkey Sandwich Or Pizza Munchable with Cheese & Marinara —✓ Vegetable of the Day Fruit Serving
11	12	13	14	15
Hot Dog Or Cheddar Cheese Stick—✓ 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	Grilled Cheese Sandwich—✓ Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving
18	19	20	21	22
No School Martin Luther King Jr. Day	Chicken Sandwich Or Sunbutter & Jelly Sandwich—✓ Vegetable of the Day Fruit Serving	Turkey Nachos Or Turkey Sandwich Vegetable of the Day Fruit Serving	*Grilled Chicken Bacon Melt Or Chicken Salad w/Pita Vegetable of the Day Fruit Serving	Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara —✓ Vegetable of the Day Fruit Serving
25	26	27	28	29
Mini Corn Dogs Or Grilled Cheese Sandwich—✓ Vegetable of the Day Fruit Serving	Chicken Fajitas w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Turkey Nachos Or Crispy Chicken Salad Vegetable of the Day Fruit Serving	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Or Bean & Cheese Dip w/Nacho Chips—✓ 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

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Fruit and Vegetable
1% or Fat-Free Milk

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January

Morton School District High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
				*BBQ Rib Sandwich Vegetable of the Day Fruit Serving Remote Meal Picked up on 12/28
4	5	6	7	8
No School Institute Day No Lunch	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
11	12	13	14	15
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	Chicken Bacon Melt Vegetable of the Day Fruit Serving
18	19	20	21	22
No School Martin Luther King Jr. Day	Chicken Fajitas Vegetable of the Day Fruit Serving	Penne Pasta Bolognese Vegetable of the Day Fruit Serving	Savory Salisbury Steak w/Biscuit Vegetable of the Day Fruit Serving	Yang's Orange Chicken w/Rice Vegetable of the Day Fruit Serving
25	26	27	28	29
Corn Dog Nuggets Vegetable of the Day Fruit Serving	Fiesta Nacho Supreme Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Vegetable of the Day Fruit Serving	Cheesy Garlic Flatbread Vegetable of the Day Fruit Serving	Toasted Cheese Sandwich Tomato Soup 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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Fruit and Vegetables
1% or Fat-Free Milk

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