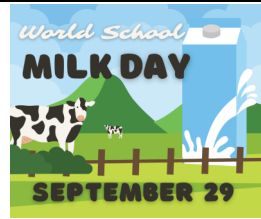




September Morton Elementary Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Rotini & Meatballs Dinner Roll Veggie of the Day Fruit of the Day	2 Walking Taco Nachos Veggie of the Day Fruit of the Day	3 Spicy Chicken Sandwich Veggie of the Day Fruit of the Day
6 No School Labor Day	7 Jumbo Corn Dog Veggie of the Day Fruit of the Day	8 Creamy Chicken Alfredo Garlic Bread Veggie of the Day Fruit of the Day	9 Homemade Cheese Quesadilla Veggie of the Day Fruit of the Day	10 Yang's Orange Chicken Brown Rice Veggie of the Day Fruit of the Day
13 Crispy Chicken Tenders Soft Pretzel Rod Veggie of the Day Fruit of the Day	14 Sloppy Joe Scoops Veggie of the Day Fruit of the Day	15 Cheese Ravioli Garlic Bread Veggie of the Day Fruit of the Day	16 *Grilled Chicken Bacon Melt Veggie of the Day Fruit of the Day	17 Half Day
20 Mini Corn Dogs Veggie of the Day Fruit of the Day	21 Fajita Chicken Quesadilla Veggie of the Day Fruit of the Day	22 Penne Pasta Bolognese Garlic Bread Veggie of the Day Fruit of the Day	23 Savory Salisbury Steak Whole Grain Biscuit Veggie of the Day Fruit of the Day	24 *BBQ Pork Rib Sandwich Veggie of the Day Fruit of the Day
27 Chicken Parmesan Sandwich Veggie of the Day Fruit of the Day	28 Beef Soft Tacos Veggie of the Day Fruit of the Day	29 World School Milk Day Creamy Mac & Cheese Soft Pretzel Rod Veggie of the Day Fruit of the Day	30 Chipotle Chicken Burrito Bowl w/ Cilantro Lime Rice Veggie of the Day Fruit of the Day	

**FREE
MEALS
To All Enrolled
Students**

Daily Options
Monday-Juicy Cheeseburger
Tuesday-Cheesy Beef Nachos
Wednesday-Crispy Chicken Sandwich
Thursday-Crispy Chicken Nuggets
w/ Pretzel Rod
Friday-Cheese Pizza

**Now Hiring For
Food Service
Positions
Contact Kristina
Klein at
309-284-6320**

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!

Menu changes are occasionally necessary. Notice will be given when possible.
This institution is an equal opportunity employer.
*Contains or may contain pork

Included with Every Meal
Fruit and Vegetable
Choice of Milk

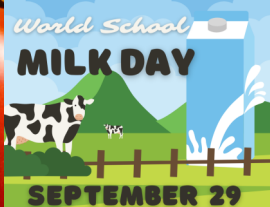


September 2021 Morton JH School Lunch



**FREE
MEALS**
To All Enrolled
Students

FEATURES



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Rotini & Meatballs Dinner Roll Veggie of the Day Fruit of the Day	Walking Taco Nachos Veggie of the Day Fruit of the Day	Spicy Chicken Sandwich Veggie of the Day Fruit of the Day
6	7	8	9	10
No School Labor Day	Jumbo Corn Dog Veggie of the Day Fruit of the Day	Creamy Chicken Alfredo Garlic Bread Veggie of the Day Fruit of the Day	Homemade Cheese Quesadilla-V Veggie of the Day Fruit of the Day	Yang's Orange Chicken Brown Rice Veggie of the Day Fruit of the Day
13	14	15	16	17
Crispy Chicken Tenders Soft Pretzel Rod Veggie of the Day Fruit of the Day	Sloppy Joe Scoops Veggie of the Day Fruit of the Day	Cheese Ravioli-V Garlic Bread Veggie of the Day Fruit of the Day	*Grilled Chicken Bacon Melt Veggie of the Day Fruit of the Day	Half Day
20	21	22	23	24
Mini Corn Dogs Veggie of the Day Fruit of the Day	Fajita Chicken Quesadilla Veggie of the Day Fruit of the Day	Penne Pasta Bolognese Garlic Bread Veggie of the Day Fruit of the Day	Savory Salisbury Steak Whole Grain Biscuit Veggie of the Day Fruit of the Day	*BBQ Pork Rib Sandwich Veggie of the Day Fruit of the Day
27	28	29	30	
Chicken Parmesan Sandwich Veggie of the Day Fruit of the Day	Beef Soft Tacos Veggie of the Day Fruit of the Day	Creamy Mac & Cheese-V Soft Pretzel Rod Veggie of the Day Fruit of the Day	Chipotle Chicken Burrito Bowl w/ Cilantro Lime Rice Veggie of the Day Fruit of the Day	
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées

**Cheeseburgers
Chicken Sandwiches
Pizza Selection
Cheesy Nachos**

Included with Every Meal
**Fruit and Vegetable
Choice of Milk**

V= Vegetarian

(*) 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
- ✓ **Plant based entrée options**

Arbor Management

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**FREE
MEALS**
To All Enrolled
Students

FEATURES

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Rotini & Meatballs Dinner Roll Steamed Broccoli Baby Carrots	2 Chili Cheese Fries w/ Soft Pretzel Steamed Carrots Sugar Snap Peas	3 Chicken Drumstick Biscuit Cheesy Au Gratin Potatoes Fresh Made Coleslaw
6 No School Labor Day	7 Walking Taco Nachos Brown Rice Fiesta Beans Green Salad	8 Creamy Chicken Alfredo Garlic Bread Seasoned Broccoli Sliced Cucumbers	9 Chicken & Cheese Quesadilla-V Fajita Peppers Zesty Salsa	10 Yang's Mandarin Orange Chicken Brown Rice Glazed Carrots Broccoli Florets
13 Chicken Parmesan Whole Grain Pasta Garlic Bread Steamed Broccoli Baby Carrots	14 Soft Beef Tacos Refried Beans Grape Tomatoes	15 Wings of Fire Dinner Roll Steamed Carrots Celery Sticks	16 *Grilled Chicken Bacon Melt Spiral Fries Fresh Made Coleslaw	17 Half Day
20 Sloppy Joe Sliders Baked Beans Baby Carrots	21 Chicken Fajita Quesadilla Chili Lime Sweet Corn Grape Tomatoes	22 Pasta Bolognese Garlic Bread Steamed Broccoli Sliced Bell Peppers	23 Savory Salisbury Steak Biscuit Mashed Potatoes w/ Gravy Sliced Cucumbers	24 Yang's Mandarin Orange Chicken Brown Rice Stir Fry Veggies Baby Carrots
27 Baked Potato w/ Chili & Soft Pretzel Steamed Broccoli Baby Carrots	28 Beef Soft Tacos Fajita Peppers Black Beans	29 World School Milk Day Homemade Buffalo Mac & Cheese Dinner Roll Green Peas Grape Tomatoes	30 Chipotle Chicken Burrito Bowl w/ Brown Rice Corn Baby Carrots	
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées

**Burgers
Chicken Sandwiches
Pizza Selection
Nachos**

Included with Every Meal
Fruit and Vegetable
Choice of Milk

V= Vegetarian

(*) Contains or may contain Pork

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goods
- ✓ No-fat or 1% milk free from any growth hormones
from local, sustainable farms
- ✓ Plant based entrée options

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