




October Morton Elementary Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
National School Lunch Week October 11-15, 2021 				1
				Hot Turkey & Cheese Melt Vegetable of the Day Fruit of the Day
4	5	6	7	8
Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	Chicken Drumstick Dinner Roll Vegetable of the Day Sliced Bell Peppers Fruit of the Day	Half Day No Lunch Service	Italian Meatball Sub Vegetable of the Day Fruit of the Day	"Say Cheese" Toasted Sandwich Vegetable of the Day Fruit of the Day
11	12	13	14	15
No School	Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	Pizza Dippers w/Marinara Sauce Vegetable of the Day Fruit of the Day	Walking Taco Nachos Vegetable of the Day Fruit of the Day	Half Day No Lunch Service
18	19	20	21	22
Yogurt Fun Brunch Vegetable of the Day Fruit of the Day	Jumbo Corn Dog Vegetable of the Day Fruit of the Day	Creamy Mac & Cheese Soft Pretzel Rod Vegetable of the Day Fruit of the Day	No School	No School
25	26	27	28	29
Crispy Chicken Tenders Dinner Roll Vegetable of the Day Fruit of the Day	Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	Cheese Ravioli Garlic Bread Vegetable of the Day Fruit of the Day	*Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	Italian Meatball Sub Vegetable 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 Sand-
wich**
Thursday-Crispy Chicken Nuggets
w/ Dinner Roll
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

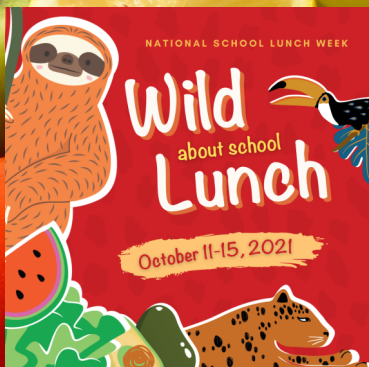


October 2021 Morton JH School Lunch



**FREE
MEALS**
To All Enrolled
Students

FEATURES



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot Turkey & Cheese Melt Vegetable of the Day Fruit of the Day
4 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	5 Chicken Drumstick Dinner Roll Vegetable of the Day Fruit of the Day	6 Half Day No Lunch Service	7 Popcorn Chicken Bowl Vegetable of the Day Fruit of the Day	8 "Say Cheese" Toasted Sandwich- V Vegetable of the Day Fruit of the Day
11 No School	12 Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	13 Rotini & Meatballs Dinner Roll Vegetable of the Day Fruit of the Day	14 Walking Taco Nachos Vegetable of the Day Fruit of the Day	15 Half Day No Lunch Service
18 Yogurt Fun Brunch-V Vegetable of the Day Fruit of the Day	19 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	20 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day	21 No School	22 No School
25 Crispy Chicken Tenders Soft Pretzel Rod Vegetable of the Day Fruit of the Day	26 Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	27 Cheese Ravioli-V Garlic Bread Vegetable of the Day Fruit of the Day	28 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	29 Italian Meatball Sub Vegetable 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
Sunbutter and Jelly Sandwich**

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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October 2021 Morton High School Lunch



**FREE
MEALS
To All Enrolled
Students**

FEATURES

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Hot Turkey & Cheese Melt Vegetable of the Day
4 Signature Cheeseburger Deluxe Vegetable of the Day	5 Grilled Sriracha Chicken Sandwich Vegetable of the Day	6 Half Day No Lunch Service	7 Popcorn Chicken & Mashed Potato Bowl Vegetable of the Day	8 Yang's BBQ Chicken Teriyaki Brown rice Vegetable of the Day
11 No School	12 Chicken & Waffles Vegetable of the Day	13 PSAT Testing No Lunch Service	14 Chili Cheese Fries w/ Soft Pretzel Vegetable of the Day	15 Half Day No Lunch Service
18 Western BBQ Burger Vegetable of the Day	19 Walking Taco Nachos Brown Rice Vegetable of the Day	20 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day	21 No School	22 No School
25 Chicken Parmesan Whole Grain Pasta Garlic Bread Vegetable of the Day	26 Soft Beef Tacos Refried Beans Vegetable of the Day	27 Wings of Fire Dinner Roll Vegetable of the Day	28 *Grilled Chicken Bacon Melt Vegetable of the Day	29 Italian Meatball Sub Vegetable of the Day
Monday	Tuesday	Wednesday	Thursday	Friday
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
Sunbutter and Jelly Sandwich**

Included with Every Meal
Fruit and Vegetable
Choice of Milk

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- ✓ Plant based entrée options

-Arbor Management-

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