



November Morton Elementary Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Corn Dogs Vegetable of the Day Fruit of the Day	2 Fajita Chicken Quesadilla Vegetable of the Day Fruit of the Day	3 Early Dismissal	4 Savory Salisbury Steak Whole Grain Biscuit Vegetable of the Day Fruit of the Day	5 *BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day
8 Chicken Parmesan Sandwich Vegetable of the Day Fruit of the Day	9 Beef Soft Tacos Vegetable of the Day Fruit of the Day	10 Creamy Mac & Cheese Soft Pretzel Rod Vegetable of the Day Fruit of the Day	11 No School	12 Hot Turkey & Cheese Melt Vegetable of the Day Fruit of the Day
15 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	16 Roasted Turkey w/ Dinner roll, Mashed Potatoes w/Gravy, Cinnamon Baked Apples	17 Maple Pancake Sausage Bites Vegetable of the Day Fruit of the Day	18 Italian Meatball Sub Vegetable of the Day Fruit of the Day	19 "Say Cheese" Toasted Sandwich Vegetable of the Day Fruit of the Day
22 Homemade Beef & Bean Enchilada Vegetable of the Day Fruit of the Day	23 Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	24 No School	25 No School	26 No School
29 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	30 Yogurt Fun Brunch 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

**FREE
MEALS**
To All Enrolled
Students

FEATURES

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Corn Dogs Vegetable of the Day Fruit of the Day	2 Fajita Chicken Quesadilla Vegetable of the Day Fruit of the Day	3 Early Dismissal	4 Savory Salisbury Steak Whole Grain Biscuit Vegetable of the	5 *BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day
8 Chicken Parmesan Sandwich Vegetable of the Day Fruit of the Day	9 Beef Soft Tacos Vegetable of the Day Fruit of the Day	10 Creamy Mac & Cheese-V Soft Pretzel Rod Vegetable of the Day Fruit of the Day	11 No School	12 Hot Turkey & Cheese Melt Vegetable of the Day Fruit of the Day
15 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	16 Roasted Turkey w/ Dinner Roll, Mashed Potatoes w/Gravy, Cinnamon Baked Apples	17 Maple Pancake Sausage Bites Vegetable of the Day Fruit of the Day	18 Popcorn Chicken Bowl Vegetable of the Day Fruit of the Day	19 "Say Cheese" Toasted Sandwich-V Vegetable of the Day Fruit of the Day
22 Homemade Beef & Bean Enchilada Vegetable of the Day Fruit of the Day	23 Chicken Tenders & Belgian Waffle Vegetable of the Day Fruit of the Day	24 No School	25 No School	26 No School
29 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	30 Yogurt Fun Brunch-V 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

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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

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Students

FEATURES

Garden Spot

Deli Express

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1 Sloppy Joe Sliders Vegetable of the Day	2 Chicken Fajita Quesadilla Vegetable of the Day	3 Early Dismissal	4 Savory Salisbury Steak Biscuit Vegetable of the Day	5 Yang's Mandarin Orange Chicken Brown Rice Vegetable of the Day
8 Baked Potato w/ Chili & Soft Pretzel Vegetable of the Day	9 Beef Soft Tacos Vegetable of the Day	10 Homemade Buffalo Mac & Cheese Dinner Roll Vegetable of the Day	11 No School	12 Hot Turkey & Cheese Melt Vegetable of the Day
15 Signature Cheeseburger Deluxe Vegetable of the Day	16 *BBQ Pulled Pork Sandwich Vegetable of the Day	17 Pancakes & Turkey Sausage Vegetable of the Day	18 Roasted Turkey w/ Dinner Roll, Mashed Potatoes w/Gravy Cinnamon Baked Apples	19 Yang's BBQ Chicken Teriyaki Brown rice Vegetable of the Day
22 Homemade Beef & Bean Enchilada Spanish Rice Vegetable of the Day	23 Chicken & Waffles Vegetable of the Day	24 No School	25 No School	26 No School
29 Western BBQ Burger Vegetable of the Day	30 Walking Taco Nachos Brown Rice 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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