



October Morton Elementary Lunch



Elem Lunch \$ 2.80

Milk .60¢

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicago Style All Beef Hot Dog Baked Beans Vegetable of the Day Fruit of the Day	4 "Say Cheese" Toasted Sandwich-V Tomato Soup Vegetable of the Day Fruit of the Day	5 Half Day	6 Sweet n' Sour Meatballs w/ Brown Rice Steamed Broccoli Vegetable of the Day Fruit of the Day	7 Pepperoni Pizza Glazed Carrots Vegetable of the Day Fruit of the Day
10 No School	11 Rotini & Meat Sauce w/ Garlic Bread Green Peas Vegetable of the Day Fruit of the Day	12 Chicken & Waffle Honey Chipotle Sweet Potatoes Vegetable of the Day Fruit of the Day	13 Cheeseburger Baked Fries Vegetable of the Day Fruit of the Day	14 Half Day
17 Pancakes w/ Cheesy Eggs Hash Browns Vegetable of the Day Fruit of the Day	18 Homemade Cheese Quesadilla-V Fiesta Beans Vegetable of the Day Fruit of the Day	19 Creamy Mac 'N Cheese Garlic Bread Seasoned Green Beans Vegetable of the Day Fruit of the Day	20 No School	21 No School
24 Crispy Chicken w/ Biscuit Steamed Carrots Vegetable of the Day Fruit of the Day	25 Chicago Style All Beef Hot Dog Vegetarian Beans Vegetable of the Day Fruit of the Day	26 *Grilled Chicken Bacon Melt Spiral Fries Vegetable of the Day Fruit of the Day	27 Pasta w/ Meat Sauce Garlic Bread Seasoned Green Beans Vegetable of the Day Fruit of the Day	28 Cheesy Beef Nachos Chili Lime Sweet Corn Vegetable of the Day Fruit of the Day
31 Sloppy Joe Garlic Roasted Carrots Vegetable of the Day Fruit of the Day				

Daily Options

Turkey & Cheese Sandwich
Crispy Chicken Garden Salad w/ Roll

Monday-Juicy Cheeseburger
Tuesday-Crispy Chicken Nuggets w/
Goldfish

Wednesday-Mini Corn Dogs
Thursday-Crispy Chicken Sandwich
Friday-Cheese Pizza

Now Hiring For Food Service Positions

Contact Brooke
Snell 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!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding!

This institution is an equal opportunity employer.

*Contains or may contain pork
V= Vegetarian

Included with Every Meal
Fruit and Vegetable
Choice of Milk



Lunch \$ 2.90

Milk .60¢

FEATURES

We are Hiring!

We Need Cooks, Managers,
Food Servers and Drivers!
You will love the work
schedule!

No nights or weekends!
Holidays off!

Apply Online at:

www.arbormgt.com/careers

Scan Me To Apply!



Garden Spot

Deli Express

October Morton JH School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	4 "Say Cheese" Toasted Sandwich-V Vegetable of the Day Fruit of the Day	5 Half Day	6 Sweet n' Sour Meatballs w/ Brown Rice Vegetable of the Day Fruit of the Day	7 Pepperoni Pizza Vegetable of the Day Fruit of the Day
10 No School	11 Rotini & Meat Sauce w/ Garlic Bread Vegetable of the Day Fruit of the Day	12 Chicken & Waffle Vegetable of the Day Fruit of the Day	13 Cheeseburger Vegetable of the Day Fruit of the Day	14 Half Day
17 Pancakes w/ Cheesy Eggs Vegetable of the Day Fruit of the Day	18 Homemade Cheese Quesadilla-V Vegetable of the Day Fruit of the Day	19 Creamy Mac 'N Cheese Garlic Bread Vegetable of the Day Fruit of the Day	20 No School	21 No School
24 Chicken Nuggets w/ Biscuit Vegetable of the Day Fruit of the Day	25 Chicago Style All Beef Hot Dog Vegetable of the Day Fruit of the Day	26 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	27 Pasta w/ Italian Meat Sauce w/ Garlic Bread Vegetable of the Day Fruit of the Day	28 Cheesy Nachos Vegetable of the Day Fruit of the Day
31 Pizza Dippers Vegetable of the Day Fruit of the Day				
Crispy 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-

Make Choices for a Healthy Lifestyle!



For more
information or to
"Ask the Dietitian",
check out our website!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.



October Morton High School Lunch



Lunch \$ 3.00

Milk .60¢

FEATURES

We are Hiring!

**We Need Cooks, Managers,
Food Servers and Drivers!**

**You will love the work
schedule!**

No nights or weekends!

Holidays off!

Apply Online at:

www.arbormgt.com/careers

Scan Me To Apply!



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
3 Signature Cheeseburger Deluxe Vegetable of the Day Fruit of the Day	4 Chicken Mashed Potato Bowl Corn Bread Muffin Vegetable of the Day	5 Half Day	6 Sweet n' Sour Meatballs w/ Rice Vegetable of the Day Fruit of the Day	7 Penne Rosa Pasta-V Garlic Bread Vegetable of the Day Fruit of the Day
10 No School	11 Rotini & Meat Sauce Garlic Bread Vegetable of the Day Fruit of the Day	12 Chicken & Waffles Vegetable of the Day Fruit of the Day	13 Chili Cheese Fries w/ Soft Pretzel Vegetable of the Day Fruit of the Day	14 Half Day
17 Chicken Drumstick Brown Rice Pilaf Vegetable of the Day Fruit of the Day	18 Western BBQ Burger Vegetable of the Day Fruit of the Day	19 Mac'N Cheese Garlic Bread Vegetable of the Day Fruit of the Day	20 No School	21 No School
24 Chicken Parmesan Al dente Pasta Garlic Bread Vegetable of the Day Fruit of the Day	25 Beef Soft Tacos Brown Rice Vegetable of the Day Fruit of the Day	26 Wings of Fire Biscuit Vegetable of the Day Fruit of the Day	27 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	28 Italian Meatball Sub Vegetable of the Day Fruit of the Day
31 Chicken Fajita Quesadilla Vegetable of the Day Fruit of the Day				
Monday	Tuesday	Wednesday	Thursday	Friday
Crispy 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

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-

Make Choices for a Healthy Lifestyle!



For more
information or to
"Ask the Dietitian",
check out our website!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.

Lunch \$ 2.80

Milk .60¢

October Morton Academy School Lunch



V= Vegetarian

(*) Contains or may contain Pork

Included with Every Meal
Fruit and Vegetable
Choice of Milk

FEATURES

We are Hiring!
We Need Cooks, Managers,
Food Servers and Drivers!
You will love the work
schedule!
No nights or weekends!
Holidays off!
Apply Online at:
www.arbormgt.com/careers
Scan Me To Apply!



Monday	Tuesday	Wednesday	Thursday	Friday
3 Signature Cheeseburger Deluxe Vegetable of the Day	4 Chicken Mashed Potato Bowl Corn Bread Muffin Vegetable of the Day	5 Half Day	6 Sweet n' Sour Meatballs w/ Rice Vegetable of the Day Fruit of the Day	7 Penne Rosa Pasta-V Garlic Bread Vegetable of the Day Fruit of the Day
10 No School	11 Rotini & Meat Sauce Garlic Bread Vegetable of the Day Fruit of the Day	12 Chicken & Waffles Vegetable of the Day Fruit of the Day	13 Chili Cheese Fries w/ Soft Pretzel Vegetable of the Day Fruit of the Day	14 Half Day
17 Chicken Drumstick Brown Rice Pilaf Vegetable of the Day Fruit of the Day	18 Western BBQ Burger Vegetable of the Day Fruit of the Day	19 Creamy Mac 'N Cheese Garlic Bread Vegetable of the Day Fruit of the Day	20 No School	21 No School
24 Chicken Parmesan Al dente Pasta Garlic Bread Vegetable of the Day Fruit of the Day	25 Beef Soft Tacos Brown Rice Vegetable of the Day Fruit of the Day	26 Wings of Fire Biscuit Vegetable of the Day Fruit of the Day	27 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	28 Italian Meatball Sub Vegetable of the Day Fruit of the Day
31 Chicken Fajita Quesadilla Vegetable of the Day Fruit of the Day				

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding!

This institution is an equal opportunity employer.

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~

Make Choices for a Healthy Lifestyle!



For more
information or to
"Ask the Dietitian",
check out our website!