



# January Morton Elementary Lunch



Elem Lunch \$ 2.80

Milk .60¢

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 No School	5 No School	6 No School
9 Half Day	10 Homemade Cheese Quesadilla-V Fiesta Beans Vegetable of the Day Fruit of the Day	11 Creamy Chicken Alfredo Garlic Bread Seasoned Green Beans Vegetable of the Day Fruit of the Day	12 Chicken Corn Dog Mixed Vegetables Vegetable of the Day Fruit of the Day	13 Pepperoni Pizza Garlic Roasted Carrots Vegetable of the Day Fruit of the Day
16 No School	17 Chicago Style All Beef Hot Dog Vegetarian Beans Vegetable of the Day Fruit of the Day	18 Grilled BBQ Chicken Sandwich Spiral Fries Vegetable of the Day Fruit of the Day	19 Cheesy Pasta Bake-V Garlic Bread Seasoned Green Beans Vegetable of the Day Fruit of the Day	20 Cheesy Beef Nachos Chili Lime Sweet Corn Zesty Salsa Fruit of the Day
23 *BBQ Pork Rib Sandwich Garlic Roasted Carrots Vegetable of the Day Fruit of the Day	24 French Toast Sticks w/ Sausage Tater Tots Vegetable of the Day Fruit of the Day	25 Pizza Dippers-V w/ Marinara Sauce Mixed Vegetables Vegetable of the Day Fruit of the Day	26 Chicken Quesadilla Seasoned Black Beans Vegetable of the Day Fruit of the Day	27 Baked Potato w/ Chili Soft Pretzel Steamed Broccoli Vegetable of the Day Fruit of the Day
30 Yang's Orange Chicken w/ Brown Rice Seasoned Green Beans Vegetable of the Day Fruit of the Day	31 Beef Soft Tacos Fiesta Beans 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.

\*Contains or may contain pork  
V= Vegetarian

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

## Daily Options

Turkey & Cheese Sandwich  
Sun Butter and Jelly Sandwich

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~

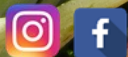
**Make Choices for a Healthy Lifestyle!**



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



# January Morton JH School Lunch



**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](http://www.arbormgt.com/careers)

Scan Me To Apply!



**Garden Spot**

**Deli Express**

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 No School	5 No School	6 No School
9 Half Day	10 Homemade Cheese Quesadilla-V Vegetable of the Day Fruit of the Day	11 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day Fruit of the Day	12 Yang's Orange Chicken w/ Brown Rice Vegetable of the Day Fruit of the Day	13 Mini Corn Dogs Vegetable of the Day Fruit of the Day
16 No School	17 Chili Cheese Dog Vegetable of the Day Fruit of the Day	18 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	19 Cheesy Pasta Bake-V w/ Garlic Bread Vegetable of the Day Fruit of the Day	20 Italian Meatball Sub Vegetable of the Day Fruit of the Day
23 *Honey BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day	24 French Toast Sticks w/ Sausage Vegetable of the Day Fruit of the Day	25 Italian Sausage Pasta Bake Garlic Bread Vegetable of the Day Fruit of the Day	26 Chicken Fajita Quesadilla Vegetable of the Day Fruit of the Day	27 Baked Potato w/ Chili Soft Pretzel Vegetable of the Day Fruit of the Day
30 Yang's Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day	31 Beef Soft Tacos Fiesta Beans 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!

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# January Morton High School Lunch



**Lunch \$ 3.00**

**Milk .60¢**

**FEATURES**

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

**You will love the work  
schedule!**

**No nights or weekends!  
Holidays off!**

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**Garden Spot**

**Deli Express**

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 No School	5 No School	6 No School
9 Half Day	10 Western BBQ Burger Vegetable of the Day Fruit of the Day	11 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day Fruit of the Day	12 Yang's Mandarin Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day	13 Chicken & Cheese Quesadilla Vegetable of the Day Fruit of the Day
16 No School	17 Beef Soft Tacos Brown Rice Vegetable of the Day Fruit of the Day	18 Wings of Fire Biscuit Vegetable of the Day Fruit of the Day	19 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	20 Italian Meatball Sub Vegetable of the Day Fruit of the Day
23 Chicken Fajita Quesadilla Vegetable of the Day Fruit of the Day	24 Yang's Mandarin Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day	25 Pasta Bolognese Garlic Bread Vegetable of the Day Fruit of the Day	26 *Honey BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day	27 Baked Potato w/ Chili & Soft Pretzel Vegetable of the Day Fruit of the Day
30 Hot Italian Cheesy Sub Vegetable of the Day Fruit of the Day	31 Korean Beef Tacos Honey Ginger 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**

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## Arbor A+ Nutrition Mission

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- ✓ 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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# January Morton Academy School Lunch



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

**FEATURES**

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16 No School	17 Beef Soft Tacos Brown Rice Vegetable of the Day Fruit of the Day	18 Wings of Fire Biscuit Vegetable of the Day Fruit of the Day	19 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	20 Italian Meatball Sub Vegetable of the Day Fruit of the Day
23 Chicken Fajita Quesadilla Vegetable of the Day Fruit of the Day	24 Yang's Mandarin Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day	25 Pasta Bolognese Garlic Bread Vegetable of the Day Fruit of the Day	26 *Honey BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day	27 Baked Potato w/ Chili & Soft Pretzel Vegetable of the Day Fruit of the Day
30 Hot Italian Cheesy Sub Vegetable of the Day Fruit of the Day	31 Korean Beef Tacos Honey Ginger Vegetable of the Day Fruit of the Day			

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