



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
			Freshman Orientation Lunch Served	
13	14	15	16	17 Welcome Back Party
	Teacher Institute No School	First Day Half Day No Lunch	Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	Homemade Cheese Pizza Or Turkey Club Sandwich
20	21 Cookie Bite Day	22	23	24
Zesty Western BBQ Burger Or Macaroni & Cheese**	Fiesta Nachos Supreme Or Chili Cheese Fries**	Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	Chicken Tenders** Or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
27	28	29	30 Brownie Bite Day	31
Southwest Chicken Panini Or Rotini w/Meat Sauce	Build your own Burrito Or Walking Tacos w/Shredded Cheese	Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	Homemade Chicken and Noodles Or Monte Cristo Sandwich	Margherita Pizza Grilled Cheese Or Pizza Dippers w/Marinara

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich
Grilled Burger Varieties, Nachos & Taco Pretzels
A Variety of Fresh Grab and Go Salads and Wraps**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

Cheese ✓ *Pepperoni	Cheese ✓ *Sausage	Cheese ✓ *Pepperoni	Cheese ✓ *Sausage	Cheese ✓ *Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **✓	Buffalo Chicken Salad**	Grilled Chicken Caesar Salad**	Chef Salad**

✓=Vegetarian option available Menu changes are occasionally necessary. Notice will be given when possible.
 **Served with a roll
 *Contains or may contain pork ingredients.



Morton High School

August 2018

Lunch
\$2.75

Milk
\$0.50

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!

Questions about the menu?
Kristina Klein
 kristina.klein@mcusd709.org
 309-284-6320

Comprehensive nutrition & allergy guides are available in the Foodservice Office.