



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

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> No School Labor Day	<b>4 Cookie Bite Day</b> Fiesta Nachos Supreme Or Chili Cheese Fries**	<b>5</b> Wing Wednesday or Hot Diggity Dog	<b>6</b> Toasted Italian Sub Or Chicken Popper Basket	<b>7</b> Buffalo Chicken Pizza Or Chicken Tenders**
<b>10</b> Parmesan Chicken Melt Or Jumbo Corn Dog	<b>11</b> Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	<b>12</b> Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	<b>13</b> Sweet & Sour Chicken or Chicken & Vegetable Rice Bowl <b>V</b>	<b>14 Brownie Bite Day</b> Cheezy Garlic Flatbread Or Sriracha Chicken
<b>17 Celebrate Apples</b> All Beef Patty Melt Or Meatball Sub Sandwich	<b>18</b> Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	<b>19 Cookie Bite Day</b> Char Broiled Salisbury Steak** Or 3 Cheese Panini <b>V</b>	<b>20</b> Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	<b>21</b> Homemade Cheese Pizza Or Turkey Club Sandwich
<b>24</b> Zesty Western BBQ Burger Or Macaroni & Cheese**	<b>25 Brownie Bite Day</b> Fiesta Nachos Supreme Or Chicken Fajitas w/Onions & Peppers	<b>26</b> Chicken Alfredo Bake w/Garlic Bread Or Mini Corn Dogs	<b>27</b> Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	<b>28</b> Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog

**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**

Cheese <b>V</b> *Pepperoni	Cheese <b>V</b> *Sausage	Cheese <b>V</b> *Pepperoni	Cheese <b>V</b> *Sausage	Cheese <b>V</b> *Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad <b>**V</b>	Buffalo Chicken Salad**	Grilled Chicken Caesar Salad**	Chef Salad**

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



## Morton High School September 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.**