



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
5 Brownie Bite Day	6	7	8	9
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	Margherita Pizza Grilled Cheese Or Bosco Sticks w/Marinara
12	13 Cookie Bite Day	14 Thanksgiving Meal	15	16
*Spicy Bacon Cheeseburger Or *BBQ Rib Patty	Fiesta Nachos Supreme Or Chili Cheese Fries**	Turkey Gravy** over Mashed Potatoes Seasoned Green Beans Warm Apple Crisp	Toasted Italian Sub Or Chicken Popper Basket	Buffalo Chicken Pizza Or Chicken Tenders**
19	20	21	22	23
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
26	27	28 Brownie Bite Day	29	30
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	Char Broiled Salisbury Steak** Or 3 Cheese Panini V	Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	Homemade Cheese Pizza Or Turkey Club Sandwich

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 V	Cheese V	Cheese V	Cheese V	Cheese V
*Pepperoni	*Sausage	*Pepperoni	*Sausage	*Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad ** V	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
November 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.