



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 <b>Cookie Bite Day</b>	5	6	7
Zesty Western BBQ Burger Or Macaroni & Cheese**	Fiesta Nachos Supreme Or Chicken Fajitas	Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
10 <b>Brownie Bite Day</b>	11	12	13	14
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
17	18	19 <b>Cookie Bite Day</b>	20 <b>Winter Wonderland Party</b>	21
*Spicy Bacon Cheeseburger or *BBQ Rib Patty	Fiesta Nachos Supreme Or Chili Cheese Fries**	Wing Wednesday or Hot Diggity Dog	Toasted Italian Sub Or Chicken Popper Basket	No Lunch Half Day
24	25	26	27	28
No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
31				
No School Christmas Break				

**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 *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni	Cheese V *Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Grilled Chicken Caesar Salad**
			Ranch Chicken Wrap
			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.  
 This institution is an equal opportunity employer.



Morton High School  
December 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.