



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No School Christmas Break	No School Christmas Break	No School Christmas Break	No School Christmas Break
7	8	9 <b>Cookie Bite Day</b>	10	11 <b>National Milk Day</b>
No School Teacher In Service	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 Or Jumbo Corn Dog <b>Strawberry Milk</b>
14 <b>Brownie Bite Day</b>	15	16	17	18
Southwest Chicken Panini Or Rotini w/Meat Sauce**	Build Your Own Burrito Or Walking Tacos w/Shredded Cheese	Homestyle Popcorn Chicken Bowl Or Chili Dog w/Cheese	Homemade Chicken & Noodles** Or Monte Cristo	Margherita Pizza Grilled Cheese Or Bosco Sticks w/Marinara
21	22	23	24 <b>Cookie Bite Day</b>	25
No School	Fiesta Nachos Supreme Or Chili Cheese Fries**	Wing Wednesday or Hot Diggity Dog	Toasted Italian Sub Or Chicken Popper Basket	Buffalo Chicken Pizza Or Chicken Tenders**
28	29 <b>Brownie Bite Day</b>	30	31	
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	Sweet & Sour Chicken Or Chicken & Vegetable Rice Bowl <b>V</b>	

**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 <b>V</b>	Cheese <b>V</b>	Cheese <b>V</b>	Cheese <b>V</b>	Cheese <b>V</b>
*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 <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 January 2019

**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.