



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Buffalo Chicken Pizza Or Chicken Tenders**
4 Parmesan Chicken Melt Or Jumbo Corn Dog	5 Cookie Bite Day Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	6 Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	7 Sweet & Sour Chicken or Chicken & Vegetable Rice Bowl V	8 No Lunch Half Day
11 All Beef Patty Melt Or Meatball Sub Sandwich	12 Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	13 Char Broiled Salisbury Steak** Or 3 Cheese Panini V	14 Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	15 Brownie Bite Day Homemade Cheese Pizza Or Turkey Club Sandwich
18 Zesty Western BBQ Burger Or Macaroni & Cheese**	19 Fiesta Nachos Supreme Or Chicken Fajitas	20 Cookie Bite Day Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	21 Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	22 Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
25 Brownie Bite Day Southwest Chicken Panini Or Rotini w/Meat Sauce	26 Build your own Burrito Or Walking Tacos w/Shredded Cheese	27 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	28 Homemade Chicken and Noodles Or Monte Cristo	29 Margherita Pizza Grilled Cheese Or Pizza Dippers

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 *Sausage	Cheese V *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
March 2019

Lunch
\$2.75
Milk is included with Meal

Milk
\$0.50
A Variety of Milk is Available Daily

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.