



arbor Management Inc.



August 2017 Morton High School Lunch Menu



Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

~Arbor Management~

Make Choices for a Healthy Lifestyle!

Questions about the menu?

Kristina Klein
Food Service Director
@ 309-284-6320

Comprehensive nutrition & allergy guides are available.

This menu follows USDA National School Lunch Program guidelines. This institution is an equal opportunity provider & employer.

Lunch \$2.65 Milk 50¢

	Monday August 14	Tuesday August 15	Wednesday August 16	Thursday August 17 <i>Welcome Back Party</i>	Friday August 18	DAILY
Daily Specials		Teacher Institute No School	Half Day No Lunch	Baked Potato w/Broccoli & Cheese V Or Pepperoni Calzone	Chicken Parmesan w/Pasta Or Corn Dog	FRUIT & VEGETABLE BAR AVAILABLE DAILY Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce Students may choose 2 Fruit Servings & 4 Vegetable Servings
Hot Sandwiches				Hamburger	*Bacon Cheeseburger	
Pizzas				Crispy Chicken	Spicy Chicken	
				Red Baron® Cheese V	Bosco Sticks V	
Hot and Fresh Vegetables				Potato Puffs Glazed Carrots Romaine Salad	Garden Peas Baked Potato Wedges Cucumbers	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go				Chicken Caesar Salad	Chef Salad	
				Chicken Salad Sandwich	Sunbutter & Jelly Sandwich V	



featuring...



Did you know most tomatoes are red, but they come in almost every color of the rainbow?

V=vegetarian option available
*Contains or may contain pork ingredients
**Whole grain bread offered



Menu changes may be necessary. Notice will be given when possible.



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	Monday August 21	Tuesday August 22	Wednesday August 23	Thursday August 24	Friday August 25
Daily Special	Macaroni & Cheese** V Or Toasted Ham & Cheese Sub	Fiesta Nachos Supreme Or Stuffed Italian Sausage Pizza	3 Cheese Panini V Or Sweet & Sour Chicken	Build your Own Burger Bar Or Rotini & Meatballs w/Garlic Bread	Brownie Bite Day Spicy Chicken Tenders Or Chili Cheese Dog
Hot Sandwiches	Corn Dog	*Bacon Cheeseburger	Spicy Chicken	Hot Dog	Cheeseburger
	Crispy Chicken	Grilled Chicken	Hamburger	Crispy Chicken	Grilled Chicken
Pizzas	Cheese V	Red Baron® Cheese V	Cheesy Garlic Flatbread V	Red Baron® Cheese V	Bosco Sticks V
	Pepperoni	Red Baron® Sausage	Sausage	Red Baron® Sausage	Pepperoni
Hot and Fresh Vegetables	Potato Puffs Cherry Tomatoes Garden Peas	Shredded Lettuce Salsa Celery Sticks	Tomato Soup Stir-Fry Veggies Seasoned Green Beans	Steamed Broccoli Carrot Sticks Cucumbers	Mashed Potatoes w/Gravy Golden Corn Tossed Salad
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad	Buffalo Chicken Salad	Garden Salad w/Cheese & Croutons V	Chicken Caesar Salad	Chef Salad
	Turkey & Cheese Sandwich	Ham & Cheese Sandwich	Buffalo Chicken Wrap	Chicken Salad Sandwich	Sunbutter & Jelly Sandwich V

DAILY

FRUIT & VEGETABLE BAR AVAILABLE DAILY

Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce
Students may choose

2 Fruit Servings & 4 Vegetable Servings



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Tomato

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	Monday August 28	Tuesday August 29	Wednesday August 30	Thursday August 31	Friday September 1
Daily Specials	Pizza Burger Or *Chicken Bacon Melt	Cookie Bite Day Cheesy Salsa Grilled Chicken Or Soft Tacos	Chicken Nuggets** Or Pancakes & *Sausage	Baked Potato Bar Or Chicken Pot Pie	Homestyle Popcorn Chicken Bowl Or Cheese Calzone V
Hot Sandwiches	Hot Dog	Grilled Chicken	Crispy Chicken	Spicy Chicken	*Bacon Cheeseburger
	Crispy Chicken	Cheeseburger	Hamburger	Cheeseburger	Grilled Chicken
Pizzas	Cheese V	Red Baron® Cheese V	Cheesy Garlic Flatbread V	Red Baron® Cheese V	Bosco Sticks V
	Pepperoni	Red Baron®	Sausage	Red Baron®	Pepperoni
Hot and Fresh Vegetables	Oven Fries Mixed Vegetables Cucumbers	Shredded Lettuce Mexicali Corn Salsa	Potato Puffs Green Beans Broccoli	Steamed Broccoli Garlic Roasted Carrots Cherry Tomatoes	Mashed Potatoes w/Gravy Golden Corn Carrot Sticks
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad	Buffalo Chicken Salad	Garden Salad w/Cheese & Croutons V	Chicken Caesar Salad	Chef Salad
	Turkey & Cheese Sandwich	Ham & Cheese Sandwich	Buffalo Chicken Wrap	Chicken Salad Sandwich	Sunbutter & Jelly Sandwich V

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