



arbor Management Inc.



December 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 \$2.55 Milk 50¢

					Friday December 1	DAILY
Daily Special					Chicken Alfredo Bake** Or Chili Cheese Fries	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					Grilled Chicken	
					Hamburger	
Pizzas					Bosco Sticks V	 featuring...
					Pepperoni	
Hot and Fresh Vegetables					Krinkle Cut Fries Garden Peas Cucumbers	 Squash Squash contains healthy Omega-3 and Omega-6 that your brain and nerves need to talk to your body.
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go					Chef Salad	V=vegetarian option available *Contains or may contain pork ingredients **Whole grain bread offered
					Sunbutter & Jelly Sandwich V	



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



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	Monday December 4	Tuesday December 5	Wednesday December 6	Thursday December 7	Friday December 8
Daily Specials	Hamburger Pony Shoe Or Meatball Sub	Cookie Bite Day Tuna & Noodles** V Or Chicken Tacos	Beef & Broccoli w/Rice Or Salisbury Steak**	Baked Potato w/Broccoli & Cheese V Or Pepperoni Calzone	Chicken Parmesan w/Pasta Or Corn Dog
Hot Sandwiches	Hot Dog	Cheeseburger	Grilled Chicken	Hamburger	*Bacon Cheeseburger
	Spicy Chicken	Crispy Chicken	Hot Ham & Cheese	Crispy Chicken	Spicy 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	Oven Fries Garden Peas Cherry Tomatoes	Fiesta Beans Mexicali Corn Shredded Lettuce	Mashed Potatoes w/Gravy Golden Corn Baby Carrots	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	Crispy Chicken Salad	Buffalo Chicken Salad	Garden Salad w/Cheese & Croutons V	Chicken Caesar Salad	Chef Salad
	Tuna Salad Sandwich	*Ham & Cheese Sandwich	Buffalo Chicken Wrap	Turkey & Cheese 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



featuring...



Squash

Squash contains healthy Omega-3 and Omega-6 that your brain and nerves need to talk to your body.

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**Whole grain bread offered



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	Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14	Friday December 15
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 w/Rice	Build your Own Burger Bar Or Spaghetti & 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	Potato Wedges 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
	Tuna Salad Sandwich	*Ham & Cheese Sandwich	Buffalo Chicken Wrap	Turkey & Cheese Sandwich	Sunbutter & Jelly Sandwich V

DAILY

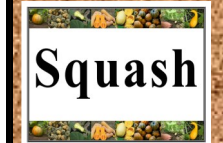
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	Monday December 18	Tuesday December 19	Wednesday December 20	Thursday December 21	Friday December 22	DAILY
Daily Specials	Cookie Bite Day Pizza Burger Or *Chicken Bacon Melt	Cheesy Salsa Grilled Chicken Or Soft Tacos	Winter Wonderland Day Chicken Nuggets** Or Pancakes & *Sausage	C-Store Only Hamburger Or Nachos	NO LUNCH HALF DAY	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	Hot Dog	Grilled Chicken	Crispy Chicken	Spicy Chicken		
	Crispy Chicken	Cheeseburger	Hamburger	Cheeseburger		
Pizzas	Cheese V	Red Baron® Cheese V	Cheesy Garlic Flatbread V	Red Baron® Cheese V		
	Pepperoni	Red Baron® *Sausage	*Sausage	Red Baron® *Sausage		
Hot and Fresh Vegetables	*Tangy Baked Beans Mixed Vegetables Cucumbers	Shredded Lettuce Mexicali Corn Salsa	Potato Puffs Green Beans Broccoli	Tri-Taters Baby Carrots Celery 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		
	Turkey & Cheese Sandwich	*Ham & Cheese Sandwich	Buffalo Chicken Wrap	Chicken Salad Sandwich		



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	Monday December 25	Tuesday December 26	Wednesday December 27	Thursday December 28	Friday December 29	DAILY
Daily Special	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	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						
Pizzas						 <i>featuring...</i> Squash Squash contains healthy Omega-3 and Omega-6 that your brain and nerves need to talk to your body.
Hot and Fresh Vegetables						
Fruit						V=vegetarian option available *Contains or may contain pork ingredients **Whole grain bread offered
Grab 'N Go						



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