



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

Daily Special

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| 1<br>*Spicy Bacon Cheeseburger<br>Or<br>*BBQ Rib Patty                              | 2 <b>Cookie Bite Day</b><br>Fiesta Nachos Supreme<br>Or<br>Chili Cheese Fries** | 3<br>Wing Wednesday<br>Or<br>Hot Diggity Dog  | 4<br>Toasted Italian Sub<br>Or<br>Chicken Popper Basket                | 5<br>Buffalo Chicken Pizza<br>Or<br>Chicken Tenders**          |
| 8<br>Parmesan Chicken Melt<br>Or<br>Jumbo Corn Dog                                  | 9<br>Soft Shell Tacos w/Shredded Cheese<br>Or<br>Cheese Quesadilla              | 10 <b>Brownie Bite Day</b><br>Italian Spaghetti w/Meatballs**<br>Or<br>Buffalo Chicken Panini | 11<br>Sweet & Sour Chicken<br>Or<br>Chicken & Vegetable Rice Bowl      | 12<br>Cheezy Garlic Flatbread<br>Or<br>Sriracha Chicken        |
| 15<br>No School Easter Break  | 16<br>No School Easter Break  | 17<br>No School Easter Break  | 18<br>No School Easter Break   | 19<br>No School Easter Break                                   |
| 22<br>No School Easter Break  | 23<br>Fiesta Nachos Supreme<br>Or<br>Chicken Fajitas                            | 24 <b>Cookie Bite Day</b><br>Chicken Alfredo w/Garlic Bread<br>Or<br>Mini Corn Dogs           | 25<br>Chicken Tenders** w/Dipping Sauce<br>Or<br>BBQ Chicken Flatbread | 26<br>Stuffed Italian Pizza w/Marinara<br>Or<br>Jumbo Corn Dog |
| 29 <b>Brownie Bite Day</b><br>Southwest Chicken Panini<br>Or<br>Rotini w/Meat Sauce | 30<br>Build your own Burrito<br>Or<br>Walking Tacos w/Shredded Cheese           |   |  |  |

**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<br>*Pepperoni | Cheese V<br>*Sausage | Cheese V<br>*Pepperoni  | Cheese V<br>*Sausage           | Cheese V<br>*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 Whole Grain Bread  
 \*Contains or may contain pork ingredients.  
 Menu changes are occasionally necessary. Notice will be given when possible.



Morton High School  
April 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.