



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	2 Homemade Chicken and Noodles Or Monte Cristo	3 Cookie Bite Day Margherita Pizza Grilled Cheese Or Pizza Dippers
6	7 Brownie Bite Day	8	9	10
*Spicy Bacon Cheeseburger or *BBQ Rib Patty	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**
13	14	15	16 Cookie Bite Day	17
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meat Sauce** Or Buffalo Chicken Panini	Sweet & Sour Chicken Or Chicken & Vegetable Rice Bowl V	Cheezy Garlic Flatbread Or Sriracha Chicken Sandwich
20	21 Cookie Bite Day	22	23	24
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Fiesta Nachos Supreme	Char Broiled Salisbury Steak** Or 3 Cheese Panini V	Finals Schedule C-Store Only	Half Day/Last Day No Lunch
27	28	29	30	31

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	Cheese V	Cheese V	Cheese V	Cheese V
*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 **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
May 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.