



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 Welcome Back Party	15	16 Cookie Bite Day
	Half Day No Lunch	Wing Wednesday** Or Hot Diggity Dog	Toasted Italian Sub Or Chicken Popper Basket	Open Faced Pepperoni Calzone Or Chicken Tenders**
19	20 Brownie Bite Day	21	22	23
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	Sweet & Sour Chicken or Pizza Burger	Cheezy Garlic Flatbread Or Sriracha Chicken
26	27	28 Cookie Bite Day	29	30
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	Char Broiled Salisbury Steak** Or 3 Cheese Panini V	Chicken Nuggets w/Waffle & Syrup Or Sausage & Egg Biscuit	Homemade Cheese Pizza Or Turkey Club Sandwich

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
Chicken Caesar Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Chef Salad**	Buffalo Chicken Salad**	Crispy Chicken Salad**	Caesar Salad **V



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
August 2019

Lunch
\$2.90
Milk is included with Lunch

Milk
\$0.50
A Variety of Milk is Offered 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.