



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No School	3 Fiesta Nachos Supreme Or Chicken Fajitas	4 Half Day No School	5 Chicken Tenders** Or BBQ Chicken Flatbread	6 Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
9 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	10 Brownie Bite Day Build your own Burrito Or Walking Tacos w/Shredded Cheese	11 Chicken Bacon Melt Or Rotini w/Meat Sauce	12 Homemade Chicken and Noodles** Or Mini Corn Dogs	13 Pizza Grilled Cheese Or Pizza Dippers w/Marinara
16 *Spicy Bacon Cheeseburger Or *BBQ Rib Patty	17 Fiesta Nachos Supreme Or Chili Cheese Fries**	18 Wing Wednesday** Or Hot Diggity Dog	19 Cookie Bite Day Toasted Italian Sub Or Chicken Popper Basket	20 Open Faced Pepperoni Calzone Or Chicken Tenders**
23 Brownie Bite Day Parmesan Chicken Melt Or Jumbo Corn Dog	24 Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	25 Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	26 Sweet & Sour Chicken or Pizza Burger	27 Cheezy Garlic Flatbread Or Sriracha Chicken
30 All Beef Patty Melt Or Meatball Sub 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	Cheese V	Cheese V	Cheese V	Cheese V
*Pepperoni	*Sausage	*Pepperoni	*Sausage	*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
September 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.

