Morton High School — October 2019

Arbor Management Inc.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	**2** Half Day No Lunch	**3 Breakfast for Lunch** Chicken Nuggets w/Waffle & Syrup Or Sausage & Egg Biscuit	**4 Brownie Bite Day** Homemade Cheese Pizza Or Turkey Club Sandwich
7 Zesty Western BBQ Burger Or Macaroni & Cheese**	**8 Cookie Bite Day** Fiesta Nachos Supreme Or Chicken Fajitas	**9** Chicken Alfredo w/Garlic Bread Or Monte Cristo	**10** Chicken Tenders** Or BBQ Chicken Flatbread	**11** Half Day No Lunch
14 Columbus Day No School	**15** Build your own Burrito Or Walking Tacos w/Shredded Cheese	**16 Brownie Bite Day** Chicken Bacon Melt Or Rotini w/Meat Sauce Garlic Bread	**17** Parent/Teacher Conferences No School	**18** Parent/Teacher Conferences No School
21 Cookie Bite Day *Spicy Bacon Cheeseburger or *BBQ Rib Patty	**22** Fiesta Nachos Supreme Or Chili Cheese Fries**	**23** Wing Wednesday** or Hot Diggity Dog	**24** Toasted Italian Sub Or Chicken Popper Basket	**25** Open Faced Pepperoni Calzone Or Chicken Tenders**
28 Parmesan Chicken Melt Or Jumbo Corn Dog	**29 Brownie Bite Day** Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	**30** Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	**31 Happy Halloween** Sweet & Sour Chicken or Pizza Burger	

Fresh Fruit & Veggie Bar available daily with all lunches

Daily Choices

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 Pizza Options

Cheese V	Cheese V	Cheese V	Cheese V	Cheese V
*Pepperoni	*Sausage	*Pepperoni	*Sausage	*Pepperoni

Fresh Deli

Chicken Caesar Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap

Fresh Salads

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.

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!

arbor online
arbormgt.com

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.

This institution is an equal opportunity employer.