



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

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 Parmesan Chicken Melt Or Jumbo Corn Dog	3 Cookie Bite Day Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	4 Half Day No Lunch	5 Sweet & Sour Chicken or <i>Pizza Burger</i>	6 Cheezy Garlic Flatbread Or <i>Sriracha Chicken Sandwich</i>
9 All Beef Patty Melt Or Meatball Sub Sandwich	10 Taco Pretzel w/Taco Meat & Cheese Or <i>Turkey Taco Salad</i>	11 Brownie Bite Day Char Broiled Salisbury Steak** Or 3 Cheese Panini V	12 Breakfast for Lunch Chicken Nuggets w/Waffle & Syrup Or Sausage & Egg Biscuit	13 Homemade Cheese Pizza Or Turkey Club Sandwich
16 Cookie Bite Day Zesty Western BBQ Burger Or Macaroni & Cheese**	17 Fiesta Nachos Supreme Or Chicken Fajitas	18 Chicken Alfredo w/Garlic Bread Or Monte Cristo	19 Winter Wonderland Chicken Tenders** Or BBQ Chicken Flatbread	20 Half Day No Lunch
23 No School Winter Break	24 No School Winter Break	25 No School Winter Break	26 No School Winter Break	27 No School Winter Break
30 No School Winter Break	31 No School Winter Break			
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				
Cheese V *Pepperoni	*Pepperoni *Sausage	Cheese *Pepperoni	*Pepperoni *Sausage	Cheese V *Pepperoni
Chicken Caesar Wrap	*Ham & Cheese Wrap	Buffalo Chicken Wrap	Turkey & Cheese Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Chef Salad**	Chicken Caesar Salad**	Buffalo 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
December 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!

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.