



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

Daily Special

Daily Choices

NEW! Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No School Christmas Break	No School Christmas Break	No School Christmas Break
6	7	8	9	10
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos Or Cheese Quesadilla	No Lunch Half Day	<i>Pizza Burger</i> or Sweet & Sour Chicken	<i>Sriracha Chicken</i> Or Cheezy Garlic Flatbread
13	14	15	16 Breakfast for Lunch	17
All Beef Patty Melt Or Meatball Sub Sandwich	<i>Turkey Taco Salad</i> Or Taco Pretzel Meal	Char Broiled Salisbury Steak** Or 3 Cheese Panini <span style="color: green;">V</span>	Chicken Nuggets w/Waffle Or Sausage & Egg Biscuit	Homemade Cheese Pizza Or Turkey Club Sandwich
20	21	22	23	24
No School Martin Luther King Jr Day	Fiesta Nachos Supreme Or Chicken Fajitas	Chicken Alfredo w/Garlic Bread Or Monte Cristo	Chicken Tenders** Or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
27	28	29	30	31
Popcorn Chicken Bowl Or Chili Dog w/Cheese	<i>Chipotle Chicken Burrito Bowl</i> Or Walking Tacos	Chicken Bacon Melt Or Rotini w/Meat Sauce	Chicken & Noodles** Or Mini Corn Dogs	Pizza Grilled Cheese Or Pizza Dippers w/Marinara
<b>Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich Grilled Burger Varieties, Plant Based Burger, Nachos &amp; Taco Pretzels A Variety of Fresh Grab and Go Salads and Wraps</b>				
<b>NEW</b> Plant Based-Meatless Meatball Sub	<b>NEW</b> Plant Based Buddha Bowl	<b>NEW</b> Plant Based Lentil Pasta Marinara	<b>NEW</b> Plant Based Chicken-less Nuggets	<b>NEW</b> Plant Based Southwest Chicken-less Wrap
Cheese <span style="color: green;">V</span> Or *Pepperoni	*Pepperoni Or *Sausage	Cheese <span style="color: green;">V</span> Or *Pepperoni	*Pepperoni Or *Sausage	Cheese <span style="color: green;">V</span> Or *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 <span style="color: green;">**V</span>

V=Vegetarian option available  
 \*\*Served with a roll  
 \*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.



Morton  
High School  
January 2020

**Lunch \$2.90**  
Milk is Included  
With Meal

**Milk \$0.50**  
A Variety of Milk is  
Offered Daily

Fresh Fruit & Veggie Bar available  
daily with all lunches

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
- ✓ Plant based options available

*~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  
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309-284-6320

Comprehensive nutrition & allergy guides are available in the Foodservice Office.