



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

Daily Special

Daily Choices
NEW! Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Cookie Bite Day	5	6	7
*Spicy Bacon Cheeseburger or *BBQ Rib Sandwich	Fiesta Nachos Supreme or Chili Cheese Fries**	No Lunch Half Day	Toasted Italian Sub or Chicken Popper Basket**	Open Faced Pepperoni Calzone or Chicken Tenders**
10 Brownie Bite Day	11	12	13	14 Valentine's Day
Parmesan Chicken Melt or Jumbo Corn Dog	Soft Shell Tacos or Cheese Quesadilla	Italian Spaghetti w/Meatballs** or Buffalo Chicken Panini	<i>Pizza Burger</i> or Sweet & Sour Chicken w/Rice	<i>Spicy Sriracha Chicken Sandwich</i> or Cheezy Garlic Flatbread
17	18	19 Cookie Bite Day	20 Breakfast for Lunch	21
No School President's Day	<i>Turkey Taco Salad</i> or Taco Pretzel Meal	Savory Salisbury Steak** or Three Cheese Panini V	Chicken Nuggets w/Belgian Waffle or Sausage & Egg Biscuit	Homemade Cheese Pizza or Turkey Club Sandwich
24	25 Brownie Bite Day	26	27	28
Zesty Western BBQ Burger or Homemade Macaroni & Cheese**	Fiesta Nachos Supreme or Chicken Fajitas	Rotini Pasta /Marinara & Breadstick or Monte Cristo Sandwich	Seasoned Chicken Tenders** or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara or Jumbo Corn Dog
<p>Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich Grilled Burger Varieties, Our New Plant Based Burger, Nachos & Taco Pretzels A Variety of Fresh Grab and Go Salads and Wraps</p>				
New Meatless Meatball Sub	New Chicken-less Buddha Bowl	New Lentil Pasta Marinara w/Garlic Bread	New Chicken-less Nuggets w/Roll	New Southwest Chicken-less Wrap
Cheese V or *Pepperoni	*Pepperoni or *Sausage	Cheese V or *Pepperoni	*Pepperoni or *Sausage	Cheese V 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 **V

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.

Arbor Signature Recipe



Morton
High School
February 2020

Lunch \$2.90
Milk is Included With Meal

Milk \$0.50
A Variety of Milk is Offered Daily

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
 kristina.klein@mcusd709.org
 309-284-6320

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