



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

Daily Choices

NEW!  
Plant Based

Pizza Choices

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	3 <i>Chipotle Chicken Burrito Bowl</i> Or Walking Tacos	4 Half Day No Lunch	5 Cookie Bite Day Homemade Chicken and Noodles** Or Mini Corn Dogs	6 Half Day No Lunch
9 Brownie Bite Day *Spicy Bacon Cheeseburger or *BBQ Rib Sandwich	10 Fiesta Nachos Supreme Or Chili Cheese Fries**	11 Wing Wednesday** or Hot Diggity Dog	12 Toasted Italian Sub Or Chicken Popper Basket	13 Open Faced Pepperoni Calzone Or Chicken Tenders**
16 Parmesan Chicken Melt or Jumbo Corn Dog	17 St. Patrick's Day Soft Shell Tacos or Cheese Quesadilla	18 Cookie Bite Day Italian Spaghetti w/Meatballs** or Buffalo Chicken Panini	19 <i>Pizza Burger</i> or Sweet & Sour Chicken w/Rice	20 Taste Test Day <i>Spicy Sriracha Chicken Sandwich</i> or Cheezy Garlic
23 All Beef Patty Melt Or Meatball Sub Sandwich	24 Brownie Bite Day <i>Turkey Taco Salad</i> or Taco Pretzel Meal	25 Savory Salisbury Steak** or 3 Cheese Panini V	26 Breakfast for Lunch Chicken Nuggets w/Belgian Waffle or Sausage & Egg Biscuit	27 Homemade Cheese Pizza or Turkey Club Sandwich
30 Cookie Bite Day Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	31 <i>Chipotle Chicken Burrito Bowl</i> Or Walking Tacos	HELP WANTED! NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL KRISTINA AT: 309-284-6320		
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				
<b>NEW!</b> Plant Based Meat-less 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 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.



Morton High School  
March 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.