

August 2020

Morton School District High School Lunch Menu



Lunch \$ 2.90
Milk .60¢

Included with Every Meal
Fruit and Vegetable
1% or Fat-Free Milk

Entrées Available Daily
Chicken Sandwich Varieties

Grilled Burger Varieties

Pizza Varieties

Menu changes are occasionally necessary. Notice will be given when possible.
This institution is an equal opportunity employer.

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!



For more information or to "Ask the Dietitian", check out our website!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
		Penne Pasta Bolognese Garlic Bread Green Salad	Savory Salisbury Steak Biscuit Mashed Potatoes & Gravy	*BBQ Rib Sandwich Baked Beans
17	18	19	20	21
Chicken Parmesan Sandwich Steamed Broccoli	Fiesta Nacho Supreme Zesty Salsa Refried Beans	Homemade Mac & Cheese Dinner Roll Seasoned Green Peas	Mini Corn Dogs Celery Sticks	Say "Cheese" Toasted Cheese Sandwich Tomato Soup Goldfish Crackers
24	25	26	27	28
Mascot Cheeseburger Deluxe Mascot Sauce Baked Beans	Grilled Sriracha Chicken Sandwich Celery Sticks Cheesy Au Gratin Potatoes	Cheese Lasagna Roll w/Garlic Bread Green Salad	Chicken Nuggets w/Corn Bread Muffin Fresh Cucumbers	BBQ Chicken Teriyaki Steamed Rice Crinkle Cut Carrots
31				
Bean & Cheese Burrito Chili Lime Sweet Corn				