

# October

## Morton School District High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chili Cheese Fries w/Pretzel Rod Vegetable of the Day Fruit Serving	2 Chicken Drumstick Vegetable of the Day Fruit Serving
5 Chicken Teriyaki w/Rice Vegetable of the Day Fruit Serving	6 Chicken & Cheese Nachos Vegetable of the Day Fruit Serving	7 Half Day No Lunch Service	8 *BBQ Rib Sandwich Vegetable of the Day Fruit Serving	9 Half Day No Lunch Service
12 Columbus Day No Service	13 Soft Tacos Vegetable of the Day Fruit Serving	14 Wings of Fire Vegetable of the Day Fruit Serving	15 P-T Conferences No Service	16 P-T Conferences No Service
19 Beef Sloppy Joe Sliders Vegetable of the Day Fruit Serving	20 Chicken Fajitas Vegetable of the Day Fruit Serving	21 Penne Pasta Bolognese Vegetable of the Day Fruit Serving	22 Savory Salisbury Steak w/Biscuit Vegetable of the Day Fruit Serving	23 Yang's Orange Chicken w/Rice Vegetable of the Day Fruit Serving
26 Corn Dog Nuggets Vegetable of the Day Fruit Serving	27 Fiesta Nacho Supreme Vegetable of the Day Fruit Serving	28 Homemade Mac & Cheese Vegetable of the Day Fruit Serving	29 Cheesy Garlic Flatbread Vegetable of the Day Fruit Serving	30 Toasted Cheese Sandwich Tomato Soup Fruit Serving

**Free Lunch**

**Included with Every Meal**  
Fruit and Vegetables  
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!