

November

Morton School District High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4	5	6
		Bosco Sticks Marinara Sauce Vegetable of the Day Fruit Serving	*BBQ Rib Sandwich Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Vegetable of the Day Fruit Serving
9	10	11 No School	12	13
Chicken Parmesan Sandwich Vegetable of the Day Fruit Serving	Soft Tacos Vegetable of the Day Fruit Serving		Italian Meatball Sub Vegetable of the Day Fruit Serving	Chicken Bacon Melt Vegetable of the Day Fruit Serving
16	17	18	19	20
Beef Sloppy Joe Sliders Vegetable of the Day Fruit Serving	Chicken Fajitas Vegetable of the Day Fruit Serving	Penne Pasta Bolognese Vegetable of the Day Fruit Serving	Savory Salisbury Steak w/Biscuit Vegetable of the Day Fruit Serving	Yang's Orange Chicken w/Rice Vegetable of the Day Fruit Serving
23	24	25 No School	26 No School	27 No School
Corn Dog Nuggets Vegetable of the Day Fruit Serving	Fiesta Nacho Supreme Vegetable of the Day Fruit Serving			
30		EARN EXTRA \$\$\$.....NOW HIRING FOR FOOD SERVICE SUBSTITUTE POSITIONS. FOR MORE INFORMATION CALL KRISTINA AT: 309-284-6320		
Bean & Cheese Burrito Vegetable of the Day Fruit Serving				

**FREE
MEALS**
**To All Children
18 and Under**

Entrées Available Daily
Chicken Sandwich Varieties
Grilled Burger Varieties
Pizza Varieties

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!

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

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