

January

Morton School District High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
				*BBQ Rib Sandwich Vegetable of the Day Fruit Serving Remote Meal Picked up on 12/28
4	5	6	7	8
No School Institute Day No Lunch	Chicken & Cheese Nachos Vegetable of the Day Fruit Serving	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
11	12	13	14	15
Chicken Parmesan Sandwich Vegetable of the Day Fruit Serving	Soft Tacos Vegetable of the Day Fruit Serving	Wings of Fire Vegetable of the Day Fruit Serving	Italian Meatball Sub Vegetable of the Day Fruit Serving	Chicken Bacon Melt Vegetable of the Day Fruit Serving
18	19	20	21	22
No School Martin Luther King Jr. Day	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
25	26	27	28	29
Corn Dog Nuggets Vegetable of the Day Fruit Serving	Fiesta Nacho Supreme Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Vegetable of the Day Fruit Serving	Cheesy Garlic Flatbread Vegetable of the Day Fruit Serving	Toasted Cheese Sandwich Tomato Soup 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.

*Contains or May Contain Pork