



September 2021 Morton High School Lunch



FREE MEALS
To All Enrolled Students

FEATURES

Garden Spot
Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Rotini & Meatballs Dinner Roll Steamed Broccoli Baby Carrots	2 Chili Cheese Fries w/ Soft Pretzel Steamed Carrots Sugar Snap Peas	3 Chicken Drumstick Biscuit Cheesy Au Gratin Potatoes Fresh Made Coleslaw
6 No School Labor Day	7 Walking Taco Nachos Brown Rice Fiesta Beans Green Salad	8 Creamy Chicken Alfredo Garlic Bread Seasoned Broccoli Sliced Cucumbers	9 Chicken & Cheese Quesadilla-V Fajita Peppers Zesty Salsa	10 Yang's Mandarin Orange Chicken Brown Rice Glazed Carrots Broccoli Florets
13 Chicken Parmesan Whole Grain Pasta Garlic Bread Steamed Broccoli Baby Carrots	14 Soft Beef Tacos Refried Beans Grape Tomatoes	15 Wings of Fire Dinner Roll Steamed Carrots Celery Sticks	16 *Grilled Chicken Bacon Melt Spiral Fries Fresh Made Coleslaw	17 Half Day
20 Sloppy Joe Sliders Baked Beans Baby Carrots	21 Chicken Fajita Quesadilla Chili Lime Sweet Corn Grape Tomatoes	22 Pasta Bolognese Garlic Bread Steamed Broccoli Sliced Bell Peppers	23 Savory Salisbury Steak Biscuit Mashed Potatoes w/ Gravy Sliced Cucumbers	24 Yang's Mandarin Orange Chicken Brown Rice Stir Fry Veggies Baby Carrots
27 Baked Potato w/ Chili & Soft Pretzel Steamed Broccoli Baby Carrots	28 Beef Soft Tacos Fajita Peppers Black Beans	29 World School Milk Day	30 Chipotle Chicken Burrito Bowl w/ Brown Rice Corn Baby Carrots	
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées
Burgers
Chicken Sandwiches
Pizza Selection
Nachos

Included with Every Meal
Fruit and Vegetable
Choice of Milk

V= Vegetarian
(*) Contains or may contain Pork

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 entrée options

-Arbor Management-

Make Choices for a Healthy Lifestyle!



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

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