



May 2022 Morton High School Lunch



**FREE
MEALS
To All Enrolled
Students**

FEATURES

We are Hiring!
We Need Cooks, Managers,
Food Servers and Drivers!
You will love the work
schedule!
No nights or weekends!
Holidays off!
Apply Online at:
www.arbormgt.com/careers
Scan Me To Apply!



Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
2 Signature Cheeseburger Deluxe Vegetable of the Day Fruit of the Day	3 Grilled Sriracha Chicken Sandwich Vegetable of the Day Fruit of the Day	4 Half Day	5 Popcorn Chicken & Mashed Potato Bowl Vegetable of the Day Fruit of the Day	6 BBQ Pork Sandwich Vegetable of the Day Fruit of the Day
9 Homemade Beef & Bean Enchilada Spanish Rice Vegetable of the Day Fruit of the Day	10 Chicken & Waffles Vegetable of the Day Fruit of the Day	11 Rotini & Meatballs Dinner Roll Vegetable of the Day Fruit of the Day	12 Chili Cheese Fries w/ Soft Pretzel Vegetable of the Day Fruit of the Day	13 Chicken Drumstick Biscuit Vegetable of the Day Fruit of the Day
16 Western BBQ Burger Vegetable of the Day Fruit of the Day	17 Walking Taco Nachos Brown Rice Vegetable of the Day Fruit of the Day	18 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day Fruit of the Day	19 Chicken & Cheese Quesadilla Vegetable of the Day Fruit of the Day	20 Grilled Chicken Monte Cristo Vegetable of the Day Fruit of the Day
23 Chef's Choice Vegetable of the Day Fruit of the Day	24 Chef's Choice Vegetable of the Day Fruit of the Day	25 Chef's Choice Vegetable of the Day Fruit of the Day	26 Chef's Choice Vegetable of the Day Fruit of the Day	27 SCHOOL LUNCH HERO DAY May 6, 2022
30	31			
Monday	Tuesday	Wednesday	Thursday	Friday
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
**Ham or Turkey & Cheese
Sandwich**

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!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.