

September 2020

Morton Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Sandwich Or Sun Butter & Jelly Wrap -V Black Beans Chilled Cupped Fruit	Turkey Nachos Or Turkey Sandwich Crunchy Celery Sticks with Ranch Raisins/Cranberries	Grilled Chicken Bacon Melt Or Chicken Salad Pita Green Side Salad/Ranch Chilled Cupped Fruit	Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara -V Corn Fresh Fruit
7	8	9	10	11
No Service Labor Day	Chicken Fajita w/Roasted Peppers Or Turkey & Cheese Sub Baked Beans Chilled Cupped Fruit	Turkey Nachos Or Crispy Chicken Salad with Croutons Green Pepper Strips Raisins/Cranberries	Chicken Nuggets Pretzel Stick Or Turkey Ranch Roll-Up Fresh Broccoli/Ranch Chilled Cupped Fruit	*BBQ Rib Sandwich Or Bean & Cheese Dip with Nacho Chips-V Oven Baked Fries Fresh Fruit
14	15	16	17	18
Cheeseburger Or Crispy Chicken Ranch Pita Baked Beans Diced Peaches	French Toast Sticks w/Turkey Sausage Or Cheese Sticks - V Tortilla Chips & Salsa Baby Carrots Chilled Cupped Fruit	Homemade Mac & Cheese & Roll Or Sun Butter & Jelly Wrap-V Cucumbers/Ranch Raisins/Cranberries	Pizza Dippers w/Marinara Sauce Or Turkey Sandwich Fresh Broccoli Chilled Cupped Fruit	No Service Early Dismissal
21	22	23	24	25
Hot Dog Or Cheddar Cheese Stick-V Goldfish Pretzels Hard Boiled Egg Carrot Sticks Applesauce Cup	Chicken Sandwich Or Crispy Chicken Roll-Up Baked Beans Chilled Cupped Fruit	Turkey Soft Tacos Or "Say" Cheese Sandwich -V Side Salad/Ranch Raisins/Cranberries	Chicken Nuggets Pretzel Stick Or Chef Salad w/Whole Grain Tortilla Broccoli Chilled Cupped Fruit	Grilled Cheese Or Turkey & Cheese Sub Oven Baked Fries Fresh Fruit
28	29	30		
Chicken Tenders w/Pretzel Stick Yogurt Pack -V Strawberry Yogurt Cheese Stick Cinnamon Roll Carrots Fresh Fruit	Chicken Sandwich Or Sun Butter & Jelly Wrap -V Black Beans Chilled Cupped Fruit	Turkey Nachos Or Turkey Sandwich Crunchy Celery Sticks with Ranch Raisins/Cranberries		

Elem Lunch \$ 2.70
Milk .50¢

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

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!



arbor online
arbormgmt.com



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