



December Morton Elementary Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Early Dismissal	2	3
		Pre-Ordered Sack Lunches	Homemade Cheese Quesadilla Vegetable of the Day Fruit of the Day	Yang's Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day
6	7	8	9	10
Crispy Chicken Tenders Dinner Roll Vegetable of the Day Fruit of the Day	Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	Cheese Ravioli -V Garlic Bread Vegetable of the Day Fruit of the Day	*Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	Italian Meatball Sub Vegetable of the Day Fruit of the Day
13	14	15	16	17
Mini Corn Dogs Vegetable of the Day Fruit of the Day	Fajita Chicken Quesadilla Vegetable of the Day Fruit of the Day	Pizza Dipper w/Marinara Sauce Vegetable of the Day Fruit of the Day	Savory Salisbury Steak Whole Grain Biscuit Vegetable of the Day Fruit of the Day	*BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day
20	21 Half Day	22	23	24
Chicken Parmesan Sandwich Vegetable of the Day Fruit of the Day	Pre-Ordered Sack Lunches	No School	No School	No School
27	28	29	30	31
No School	No School	No School	No School	No School

**FREE
MEALS
To All Enrolled
Students**

Daily Options
Monday-Juicy Cheeseburger
Tuesday-Cheesy Beef Nachos
Wednesday-Crispy Chicken Sandwich
Thursday-Crispy Chicken Nuggets
w/ Dinner Roll
Friday-Cheese Pizza

**Now Hiring For
Food Service
Positions**
**Contact Kristina
Klein at**
309-284-6320

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!

Menu changes are occasionally necessary. Notice will be given when possible.
 This institution is an equal opportunity employer.
 *Contains or may contain pork
 V= Vegetarian

Included with Every Meal
Fruit and Vegetable
Choice of Milk

Arbor Management's Nutrition News– December 2021

Tips To Stay Healthy in the Holiday Season

Don't skip meals: skipping meals may lead to eating more food and calories when it comes time for the feast.

Eat high fiber foods: high fiber foods, like pears, beans, and dark green vegetables, will help you feel full longer.

Take mindful portions: buffets filled with delicious foods can be tempting. Start with small portions, and then go back for more if you are still hungry.

Eat slowly: allow your body's fullness cues to catch up. It can take 20 minutes to feel full.

December is National Pear Month !



What's in season?

Pears

Apples

Bananas

Beets

Cabbage

Grapefruit

Avocados

Oranges

Potatoes

FREE MEALS!

For ALL Enrolled Students
in school districts participating in the NSLP
Seamless Summer Option For the 2021-2022 School Year!
Check with Your School District for More Information



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Recipe of the Month

This hearty stew of turkey, potatoes, and vegetables will warm up a cold winter night. A Great way to use leftover holiday turkey!

Turkey Stew

Makes 4 servings.

Ingredients

2 teaspoons vegetable oil
1/2 cup onion (chopped)
1 garlic clove (finely chopped, or 1/2 teaspoon garlic powder)
4 carrots (chopped)
2 celery stalks (chopped)
2 potatoes (chopped)
1 can tomatoes, diced
2 cups water
2 cups turkey (cooked, chopped)
salt and pepper (optional, to taste)
Italian seasoning or oregano, basil or thyme (to taste, optional)

Directions

Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes.

Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.

Season to taste before serving. Refrigerate leftovers.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turkey-stew>

