



January Morton Elementary Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 No School	5 No School	6 No School	7 No School
10 Early Dismissal Pre-ordered Sack Lunch	11 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	12 Creamy Mac & Cheese Soft Pretzel Rod Vegetable of the Day Fruit of the Day	13 Homemade Cheese Quesadilla Vegetable of the Day Fruit of the Day	14 Yang's Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day
17 No School	18 Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	19 Cheese Ravioli Garlic Bread Vegetable of the Day Fruit of the Day	20 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	21 Italian Meatball Sub Vegetable of the Day Fruit of the Day
24 Mini Corn Dogs Vegetable of the Day Fruit of the Day	25 Fajita Chicken Quesadilla Vegetable of the Day Fruit of the Day	26 Pizza Dipper w/Marinara Sauce Vegetable of the Day Fruit of the Day	27 Savory Salisbury Steak Whole Grain Biscuit Vegetable of the Day Fruit of the Day	28 *BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day
31 Chicken Parmesan Sandwich Vegetable of the Day Fruit of the Day				

**FREE
MEALS
To All Enrolled
Students**

Daily Options
Monday-Juicy Cheeseburger
Tuesday-Cheesy Beef Nachos
**Wednesday-Crispy Chicken Sand-
wich**
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



January 2022 Morton JH 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
3 No School	4 No School	5 No School	6 No School	7 No School
10 Early Dismissal	11 Jumbo Corn Dog Vegetable of the Day Fruit of the Day	12 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day Fruit of the Day	13 Homemade Cheese Quesadilla-V Vegetable of the Day Fruit of the Day	14 Yang's Orange Chicken Brown Rice Vegetable of the Day Fruit of the Day
17 No School	18 Sloppy Joe Scoops Vegetable of the Day Fruit of the Day	19 Cheese Ravioli-V Garlic Bread Vegetable of the Day Fruit of the Day	20 *Grilled Chicken Bacon Melt Vegetable of the Day Fruit of the Day	21 Italian Meatball Sub Vegetable of the Day Fruit of the Day
24 Mini Corn Dogs Vegetable of the Day Fruit of the Day	25 Fajita Chicken Quesadilla Vegetable of the Day Fruit of the Day	26 Penne Pasta Bolognese Garlic Bread Vegetable of the Day	27 Savory Salisbury Steak Whole Grain Biscuit Vegetable of the	28 *BBQ Pork Rib Sandwich Vegetable of the Day Fruit of the Day
31 Chicken Parmesan Sandwich Vegetable of the Day Fruit of the Day				
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

**Cheeseburgers
Chicken Sandwiches
Pizza Selection
Cheesy Nachos
Sunbutter and Jelly Sandwich**

Included with Every Meal
Fruit and Vegetable
Choice of Milk

V= Vegetarian

(*) Contains or may contain Pork

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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

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January 2022 Morton High School Lunch



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To All Enrolled
Students**

FEATURES

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Holidays off!
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Garden Spot

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Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 No School	5 No School	6 No School	7 No School
10 Early Dismissal	11 Walking Taco Nachos Brown Rice Vegetable of the Day	12 Creamy Chicken Alfredo Garlic Bread Vegetable of the Day	13 Chicken & Cheese Quesadilla Vegetable of the Day	14 Yang's Mandarin Orange Chicken Brown Rice Vegetable of the Day
17 No School	18 Soft Beef Tacos Vegetable of the Day	19 Wings of Fire Dinner Roll Vegetable of the Day	20 *Grilled Chicken Bacon Melt Vegetable of the Day	21 Italian Meatball Sub Vegetable of the Day
24 Sloppy Joe Sliders Vegetable of the Day	25 Chicken Fajita Quesadilla Vegetable of the Day	26 Pasta Bolognese Garlic Bread Vegetable of the Day	27 Savory Salisbury Steak Biscuit Vegetable of the Day	28 Yang's Mandarin Or- ange Chicken Brown Rice Vegetable of the Day
31 Baked Potato w/ Chili & Soft Pretzel Vegetable of the Day				
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
Sunbutter and Jelly
Sandwich**

Included with Every Meal
Fruit and Vegetable
Choice of Milk

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goods
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