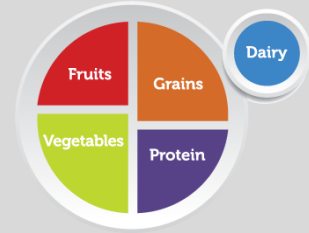


JS Morton HS Alternative Menu

May 2024 Breakfast & Lunch

MONDAY MAY 6,13,20	TUESDAY MAY 7,14,21,28	WEDNESDAY MAY 1,8,15,22	THURSDAY MAY 2,9,16,23,	FRIDAY MAY 3,10,17,24
Breakfast includes: servings of grain/protein, fruit and milk				
Hot Breakfast Morton Breakfast Griddle <i>Grab n Go</i> General Mills Cereal Bar *Fruit Selection Berry Smoothie Milk Carton	Hot Breakfast Big Breakfast Burrito <i>Grab n Go</i> Kellogg's Strawberry Pop Tart *Fruit Selection Banana Smoothie Milk Carton	Hot Breakfast Biscuit & Pork Sausage <i>Grab n Go</i> Kellogg's Cereal Bowl Pack *Fruit Selection Berry Smoothie Milk Carton	Hot Breakfast Chilaquiles <i>Grab n Go</i> Breakfast Muffin And String Cheese *Fruit Selection Banana Smoothie Milk Carton	Hot Breakfast Breakfast Pizza <i>Grab n Go</i> General Mills Strawberry Yogurt Chex Mix *Fruit Selection Berry Smoothie Milk Carton
Hot Lunch Chicken Drumstick Meal Meatless Entrees Available Daily- PBJ Sandwich, Entrée Salad, Bosco Sticks	Hot Lunch General Tso w/ Fried Rice Meatless Entrees Available Daily- PBJ Sandwich, Entrée Salad, Bosco Sticks	Hot Lunch Pork Carnitas Meatless Entrees Available Daily- PBJ Sandwich, Entrée Salad, Bosco Sticks	Hot Lunch Walking Taco Meatless Entrees Available Daily- PBJ Sandwich, Entrée Salad, Bosco Sticks	Hot Lunch Cheese Pizza Meatless Entrees Available Daily- PBJ Sandwich, Entrée Salad, Bosco Sticks
Lunch Sides Pick a Cup of Vegetables and Cup of Fruits				
Baby Carrots Sweet Potatoes Apple Sauce Pineapple	Corn Salad Baby Carrots Fresh Fruit Selection Peaches	Broccoli Ranch Dip Baby Carrots Fruit Cup or Fruit Juice	Bean Salad Baby Carrots Fresh Fruit Selection Mango	Coleslaw Cucumber Baby Carrots Oranges Fruit or Veggie Juice

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Meals follow the USDA guidelines for the National School Lunch Program

***Fruit Selection**

varies by day

apples, mango, peaches, oranges, pineapples, bananas dried or canned fruit, 100% real fruit juice

2 ounce protein serving with each lunch entree

You may select one 8oz. carton of milk with each breakfast And each lunch meal

Milk Selection

1% white

Fat-Free Chocolate

Selections are bundled meals featuring grains and meats and also include 1 cup vegetable, 1 cup fruit and 8 oz. milk selection

A la Carte Items available daily. Items must be paid for with cash at the time of purchase and do not qualify for a subsidized meal

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age, or disability.

Limit one breakfast and one lunch per day.
Menu substitutions may occur due to specific food shortages

Offer Verses Served You must include at least one fruit or vegetable with your meal