

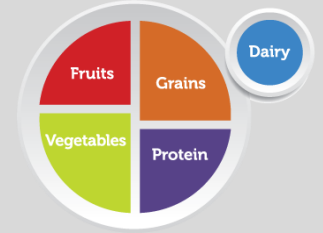


J.S. Morton High School Menu

August 2025 Breakfast & Lunch

MONDAY AUGUST 18, 25	TUESDAY AUGUST 19, 26	WEDNESDAY AUGUST 13, 20, 27	THURSDAY AUGUST 14, 21, 28	FRIDAY AUGUST 15, 22, 29
Breakfast includes servings of grain/protein, fruit, and milk.				
Hot Breakfast Sausage, Egg, & Cheese <i>Grab 'n Go</i> Kellogg's Cereal Bowl Pack *Fruit Selection Banana Smoothie Milk Carton	Hot Breakfast Chilaquiles <i>Grab 'n Go</i> Kellogg's Strawberry Pop Tart *Fruit Selection Mango Strawberry Smoothie Milk Carton	Hot Breakfast Hot Honey Chicken & Biscuit <i>Grab 'n Go</i> Breakfast Muffin And String Cheese *Fruit Selection Berry Smoothie Milk Carton	Hot Breakfast Fruit Parfait & Glazed Doughnut <i>Grab 'n Go</i> General Mills Cereal Bar *Fruit Selection Mango Strawberry Smoothie Milk Carton	Hot Breakfast Breakfast Burrito <i>Grab 'n Go</i> General Mills Strawberry Yogurt Chex Mix *Fruit Selection Banana Smoothie Milk Carton
FIESTA Spicy Chicken Tenders w/ Mac & Cheese GRILL Hot Dog on a Bun w/ Waffle Fries DELI Ham Sub Sandwich PIZZA Cheese Pizza Slice	FIESTA Walking Taco or Nachos w/ Beef & Cheese GRILL Cheeseburger w/ Sweet Potato Fries DELI Buffalo Chicken Wrap PIZZA Veggie Pizza Slice	FIESTA Baked Mostaccioli w/ Garlic Bread GRILL Grilled Chicken w/ Avocado & Swiss DELI Turkey Sub Sandwich PIZZA Pepperoni Pizza Slice	FIESTA Orange Chicken w/ Fried Rice GRILL Meatball Sub w/ Potato Wedges DELI B.L.T.A Wrap PIZZA Margherita Pizza Slice	FIESTA Pork Al Pastor w/ Rice and Beans GRILL California Chicken Wrap w/ Tots DELI Ranch Chicken Salad Sandwich PIZZA Sausage Pizza Slice
Lunch Sides: Choose a vegetable side and a fruit side				
Meatless Entrées Available Daily: Veggie Burger, Hummus & Chips, PB&J Sandwich, or Entrée Salad				
Elote Salad Broccoli Salad Fresh Fruit: Apples Grapes Fruit Juice	Pasta Salad Cucumbers w/ Lime Fresh Fruit: Seasonal Melon Slushie Cup	Coleslaw Carrots w/ Ranch Fresh Fruit: Grapes Mango w/ Tajin & Lime	Pasta Salad Cucumbers w/ Lime Fresh Fruit: Seasonal Melon Slushie Cup	Elote Salad Broccoli Salad Fresh Fruit: Apples Grapes Fruit Juice
<i>Offer vs. Served:</i> <i>Each meal must include at least a ½ cup serving of fruit or vegetable.</i> <i>Please Note:</i> <i>Menu substitutions may occur due to supply chain disruptions.</i>				

CHOOSE MY PLATE GUIDE



Meals follow the USDA guidelines for the National School Lunch Program

***Fruit Selection varies by day**

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

2oz 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.