

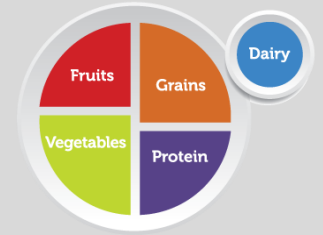


# J.S. Morton High School Menu

## November 2025 Breakfast & Lunch

MONDAY NOVEMBER 3, 10, 17, 24	TUESDAY NOVEMBER 4, 11, 18, 25	WEDNESDAY NOVEMBER 5, 12, 19, 26 NO SCHOOL 11/26	THURSDAY NOVEMBER 6, 13, 20, 27 NO SCHOOL 11/27	FRIDAY NOVEMBER 7, 14, 21, 28 NO SCHOOL 11/28
<b>Breakfast includes servings of grain/protein, fruit, and milk.</b>				
<i>Hot Breakfast</i> <b>Oatmeal &amp; Blueberry Donuts</b>	<i>Hot Breakfast</i> <b>Pancake Breakfast</b>	<i>Hot Breakfast</i> <b>Sausage, Biscuit, &amp; Cheese</b>	<i>Hot Breakfast</i> <b>Waffle, Ham, &amp; Cheese Sandwich</b>	<i>Hot Breakfast</i> <b>Breakfast Burrito</b>
<i>Grab 'n Go</i> <b>Kellogg's Cereal Bowl Pack</b>	<i>Grab 'n Go</i> <b>Kellogg's Strawberry Pop Tart</b>	<i>Grab 'n Go</i> <b>General Mills Cereal Bar</b>	<i>Grab 'n Go</i> <b>Breakfast Muffin And String Cheese</b>	<i>Grab 'n Go</i> <b>General Mills Strawberry Yogurt Chex Mix</b>
<b>*Fruit Selection</b> <b>Berry Smoothie</b> <b>Milk Carton</b>	<b>*Fruit Selection</b> <b>Mango Strawberry Smoothie</b> <b>Milk Carton</b>	<b>*Fruit Selection</b> <b>Orange Vanilla Smoothie</b> <b>Milk Carton</b>	<b>*Fruit Selection</b> <b>Mango Strawberry Smoothie</b> <b>Milk Carton</b>	<b>*Fruit Selection</b> <b>Banana Smoothie</b> <b>Milk Carton</b>
<b>FIESTA</b> <b>Famous Popcorn</b> <b>Chicken Bowl</b> <b>GRILL</b> <b>Cheeseburger w/ Waffle Fries</b> <b>DELI</b> <b>Turkey Sub Sandwich</b> <b>PIZZA</b> <b>Sausage Pizza Slice</b>	<b>FIESTA</b> <b>Pork Al Pastor Tacos w/ Rice and Beans</b> <b>GRILL</b> <b>BBQ Chicken Sandwich w/ Onion Rings</b> <b>DELI</b> <b>Buffalo Chicken Wrap</b> <b>PIZZA</b> <b>Margherita Pizza Slice</b>	<b>FIESTA</b> <b>Baked Mostaccioli w/ Garlic Bread</b> <b>GRILL</b> <b>Chicken Wings w/ Celery &amp; Carrots</b> <i>*Optional Buffalo or BBQ</i> <b>DELI</b> <b>Ham Sub Sandwich</b> <b>PIZZA</b> <b>Pepperoni Pizza Slice</b>	<b>FIESTA</b> <b>Walking Taco or Nachos w/ Beef &amp; Cheese</b> <i>*11/20 Thanksgiving Dinner</i> <b>GRILL</b> <b>Spicy Chicken Sandwich w/ Pickles, Lettuce</b> <b>DELI</b> <b>B.L.T.A. Wrap</b> <b>PIZZA</b> <b>Sausage, Green Pepper, &amp; Onion Pizza Slice</b>	<b>FIESTA</b> <b>Grilled Cheese &amp; Tomato Soup</b> <b>GRILL</b> <b>Chicken Teriyaki w/ Fried Rice</b> <b>DELI</b> <b>Turkey Sub Sandwich</b> <b>PIZZA</b> <b>Cheese Pizza Slice</b>
<b>Meatless Entrées Available Daily: Veggie Burger, PB&amp;J Sandwich, or Entrée Salad</b>				
<b>Lunch Sides: Choose a vegetable side and a fruit side</b>				
Pasta Salad Cucumbers w/ Lime Fresh Fruit: Apples Pears Fruit Juice	Elote Salad Carrots w/ Ranch Fresh Fruit: Mango w/ Tajin & Lime Cinnamon Apples	Coleslaw Cucumbers w/ Lime Fresh Fruit: Bananas Peaches	Elote Salad Carrots w/ Ranch Fresh Fruit: Mango w/ Tajin & Lime Cinnamon Apples	Pasta Salad Coleslaw Fresh Fruit: Apples Pears Fruit Juice
<p><i>Offer vs. Served:</i></p> <p><i>Each meal must include at least a ½ cup serving of fruit or vegetable.</i></p> <p><i>Please Note:</i></p> <p><i>Menu substitutions may occur due to supply chain disruptions.</i></p>				

### 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

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