

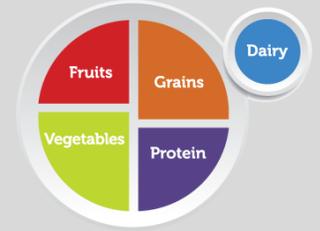


# J.S. Morton High School Menu

## December 2025 Breakfast & Lunch

MONDAY DECEMBER 1, 8, 15	TUESDAY DECEMBER 2, 9, 16	WEDNESDAY DECEMBER 3, 10, 17	THURSDAY DECEMBER 4, 11, 18	FRIDAY DECEMBER 5, 12, 19
<b>Winter Break December 22<sup>nd</sup> – January 2<sup>nd</sup>.</b>				
<b>Breakfast includes servings of grain/protein, fruit, and milk.</b>				
<p><i>Hot Breakfast</i> <b>Sausage, Egg, &amp; Cheese Sandwich</b></p> <p><i>Grab 'n Go</i> <b>Kellogg's Cereal Bowl Pack</b></p> <p><b>*Fruit Selection Berry Smoothie Milk Carton</b></p>	<p><i>Hot Breakfast</i> <b>Breakfast Pizza</b></p> <p><i>Grab 'n Go</i> <b>Kellogg's Strawberry Pop Tart</b></p> <p><b>*Fruit Selection Mango Strawberry Smoothie Milk Carton</b></p>	<p><i>Hot Breakfast</i> <b>Morton Breakfast Griddle</b></p> <p><i>Grab 'n Go</i> <b>General Mills Cereal Bar</b></p> <p><b>*Fruit Selection Orange Vanilla Smoothie Milk Carton</b></p>	<p><i>Hot Breakfast</i> <b>Chilaquiles w/ Scrambled Eggs</b></p> <p><i>Grab 'n Go</i> <b>Breakfast Muffin And String Cheese</b></p> <p><b>*Fruit Selection Mango Strawberry Smoothie Milk Carton</b></p>	<p><i>Hot Breakfast</i> <b>Breakfast Burrito</b></p> <p><i>Grab 'n Go</i> <b>General Mills Strawberry Yogurt Chex Mix</b></p> <p><b>*Fruit Selection Banana Smoothie Milk Carton</b></p>
<p><b>FIESTA Oven Fried Chicken Meal</b> GRILL <b>Cubano w/ Sweet Potato Fries</b> DELI <b>Turkey Sub Sandwich</b> PIZZA <b>Sausage Pizza Slice</b></p>	<p><b>FIESTA Walking Taco or Nachos w/ Beef &amp; Cheese</b> GRILL <b>Italian Beef w/ Mozzarella, Giardiniera, &amp; Peppers</b> DELI <b>Ham Sub Sandwich</b> PIZZA <b>Pepperoni Pizza Slice</b></p>	<p><b>FIESTA Pork Carnitas Tacos w/ Rice and Beans</b> GRILL <b>Hotdog w/ Tater Tots</b> DELI <b>Chicken Cali Wrap</b> PIZZA <b>BBQ Chicken Pizza Slice</b></p>	<p><b>FIESTA Chicken &amp; Broccoli Alfredo</b> GRILL <b>Spicy Chicken Sandwich w/ Pickles, Lettuce</b> DELI <b>Ham Sub Sandwich</b> PIZZA <b>Sausage &amp; Giardiniera Pizza Slice</b></p>	<p><b>FIESTA Red Pork Pozole</b> GRILL <b>BBQ Chicken Sandwich w/ Onion Rings</b> DELI <b>Turkey Sub Sandwich</b> PIZZA <b>Cheese Pizza Slice</b></p>
<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>				
<p>Coleslaw Carrots w/ Ranch Fresh Fruit: Apples Mango w/ Tajin &amp; Lime</p>	<p>Elote Salad Cucumbers w/ Lime Fresh Fruit: Tangerine Roasted Apples Fruit Juice</p>	<p>Roasted Sweet Potato Coleslaw Fresh Fruit: Bananas Pineapple</p>	<p>Elote Salad Cucumbers w/ Lime Fresh Fruit: Tangerine Roasted Apples Fruit Juice</p>	<p>Coleslaw Carrots w/ Ranch Fresh Fruit: Apples Mango w/ Tajin &amp; Lime</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

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.

*Offer vs. Served:*  
Each meal must include at least a 1/2 cup serving of fruit or vegetable.  
*Please Note:*  
Menu substitutions may occur due to supply chain disruptions.