



J.S. Morton High School Menu

January 2026 Breakfast & Lunch

MONDAY JANUARY 5, 12, 19, 26 <i>NO SCHOOL</i> 5, 19	TUESDAY JANUARY 6, 13, 20, 27	WEDNESDAY JANUARY 7, 14, 21, 28	THURSDAY JANUARY 8, 15, 22, 29	FRIDAY JANUARY 9, 16, 23, 30
--	--	--	---	---

Breakfast includes servings of grain/protein, fruit, and milk.

<i>Hot Breakfast</i> French Toast Sticks <i>Grab 'n Go</i> Kellogg's Cereal Bowl Pack *Fruit Selection Berry Smoothie Milk Carton	<i>Hot Breakfast</i> Molletes <i>Grab 'n Go</i> Kellogg's Strawberry Pop Tart *Fruit Selection Mango Strawberry Smoothie Milk Carton	<i>Hot Breakfast</i> Sausage, Egg, & Bagel Sandwich <i>Grab 'n Go</i> General Mills Cereal Bar *Fruit Selection Orange Vanilla Smoothie Milk Carton	<i>Hot Breakfast</i> Pancake Breakfast <i>Grab 'n Go</i> Breakfast Muffin And String Cheese *Fruit Selection Mango Strawberry Smoothie Milk Carton	<i>Hot Breakfast</i> Breakfast Burrito <i>Grab 'n Go</i> General Mills Strawberry Yogurt Chex Mix *Fruit Selection Banana Smoothie Milk Carton
FIESTA Beef Tacos w/ Rice and Beans GRILL Hotdog w/ Fries DELI Turkey Sub Sandwich PIZZA Pepperoni Pizza Slice	FIESTA Baked Mostaccioli w/ Garlic Bread GRILL General Tso's Chicken & Veg. Fried Rice DELI B.L.T.A. Wrap PIZZA Veggie Pizza Slice	FIESTA Chipotle Chicken Burrito Bowl GRILL Spicy Chicken Tenders w/ Mac & Cheese DELI Ham Sub Sandwich PIZZA Cheese Pizza Slice	FIESTA Grilled Cheese & Tomato Soup GRILL Cheeseburger w/ Waffle Fries DELI Buffalo Chicken Wrap PIZZA Sausage Pizza Slice	FIESTA Walking Taco or Nachos w/ Beef & Cheese GRILL Spicy Chicken Sandwich w/ Pickles, Lettuce DELI Turkey Sub Sandwich PIZZA Hawaiian Pizza Slice

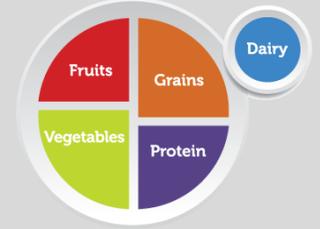
Meatless Entrées Available Daily: Veggie Burger, PB&J Sandwich, or Entrée Salad

Lunch Sides: Choose a vegetable side and a fruit side

Coleslaw Jicama Fresh Fruit: Apples Mango w/ Tajin & Lime	Elote Salad Cucumbers w/ Lime Fresh Fruit: Tangerine Banana	Coleslaw Carrots w/ Ranch Fresh Fruit: Roasted Apples Pineapple Fruit Juice	Elote Salad Cucumbers w/ Lime Fresh Fruit: Tangerine Banana	Coleslaw Jicama Fresh Fruit: Apples Mango w/ Tajin & Lime
---	---	--	---	---

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.

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.