



J.S. Morton High School Menu

May 2026 Breakfast & Lunch

| MONDAY MAY 4, 11, 18 | TUESDAY MAY 5, 12, 19 | WEDNESDAY MAY 6, 13, 20 | THURSDAY MAY 7, 14, 21 | FRIDAY MAY 1, 8, 15, 22 |
|--|--|---|--|---|
| Breakfast includes servings of grain/protein, fruit, and milk. | | | | |
| <p><i>Hot Breakfast</i> Sausage, Egg, & Bagel Sandwich</p> <p><i>Grab 'n Go</i> Kellogg's Cereal Bowl Pack</p> <p>*Fruit Selection Banana Smoothie Milk Carton</p> | <p><i>Hot Breakfast</i> Breakfast Pizza</p> <p><i>Grab 'n Go</i> Kellogg's Strawberry Pop Tart</p> <p>*Fruit Selection Mango Strawberry Smoothie Milk Carton</p> | <p><i>Hot Breakfast</i> Bacon, Egg, & Cheese Sandwich</p> <p><i>Grab 'n Go</i> Breakfast Muffin & String Cheese</p> <p>*Fruit Selection Orange Vanilla Smoothie Milk Carton</p> | <p><i>Hot Breakfast</i> Breakfast Burrito</p> <p><i>Grab 'n Go</i> General Mills Cereal Bar</p> <p>*Fruit Selection Mango Smoothie Milk Carton</p> | <p><i>Hot Breakfast</i> French Toast Sticks</p> <p><i>Grab 'n Go</i> Strawberry Yogurt Chex Mix</p> <p>*Fruit Selection Berry Smoothie Milk Carton</p> |
| <p>FIESTA Chicken Fajita Burrito</p> <p>GRILL Bacon Cheeseburger</p> <p>DELI Italian Sub Sandwich</p> <p>PIZZA Sausage Pizza Slice</p> | <p>FIESTA Oven Fried Chicken Meal</p> <p>GRILL Gyros w/ Fries</p> <p>DELI Buffalo Chicken Wrap</p> <p>PIZZA Pepperoni & Giardiniera Pizza Slice</p> | <p>FIESTA Walking Taco or Nachos w/ Chicken & Cheese</p> <p>GRILL Spicy Chicken Sandwich w/ Pickles, Lettuce</p> <p>DELI Ham Sub Sandwich</p> <p>PIZZA Margherita Pizza Slice</p> | <p>FIESTA Baked Mostaccioli w/ Garlic Bread</p> <p>GRILL Spicy Chicken Tenders w/ Mac & Cheese</p> <p>DELI B.L.T.A. Wrap</p> <p>PIZZA Cheese Pizza Slice</p> | <p>FIESTA Loaded Tots</p> <p>GRILL Chicken Parm. Sandwich w/ Fries</p> <p>DELI Turkey Sub Sandwich</p> <p>PIZZA Sausage & Pepperoni Pizza Slice</p> |

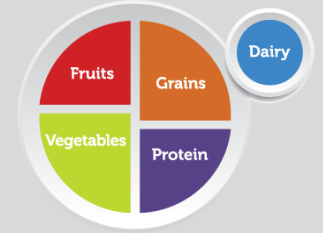
Meatless Entrées Available Daily: Veggie Burger, PB&J Sandwich, or Entrée Salad

Lunch Sides: Choose a vegetable side and a fruit side

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|--|--|--|---|--|
| <p>Elote Salad</p> <p>Spicy Slaw</p> <p>Fresh Fruit: Grapes</p> <p>Tangerine Slushie Cup</p> | <p>Pasta Salad</p> <p>Cucumbers w/ Lime</p> <p>Fresh Fruit: Melon</p> <p>Mango w/ Tajin & Lime</p> | <p>Elote Salad</p> <p>Spicy Slaw</p> <p>Fresh Fruit: Tangerine</p> <p>Mango w/ Tajin & Lime</p> <p>Slushie Cup</p> | <p>Carrots w/ Ranch</p> <p>Cucumbers w/ Lime</p> <p>Fresh Fruit: Melon</p> <p>Mango w/ Tajin & Lime</p> | <p>Pasta Salad</p> <p>Spicy Slaw</p> <p>Fresh Fruit: Grapes</p> <p>Tangerine Slushie Cup</p> |
|--|--|--|---|--|

Offer vs. Served:
Each meal must include at least a ½ 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.