



J.S. Morton High School Menu

September 2026 Breakfast & Lunch

MONDAY SEPTEMBER 14, 21, 28	TUESDAY SEPTEMBER 1, 8, 15, 22, 29	WEDNESDAY SEPTEMBER 2, 9, 16, 23, 30	THURSDAY SEPTEMBER 3, 10, 17, 24	FRIDAY SEPTEMBER 4, 11, 18, 25
Breakfast includes servings of grain/protein, fruit, and milk.				
<i>Hot Breakfast</i> Sausage, Egg, & Cheese Sandwich	<i>Hot Breakfast</i> Chilaquiles	<i>Hot Breakfast</i> Breakfast Burrito	<i>Hot Breakfast</i> Breakfast Pizza	<i>Hot Breakfast</i> Breakfast Tacos
<i>Grab 'n Go</i> Kellogg's Cereal Bowl Pack	<i>Grab 'n Go</i> Kellogg's Strawberry Pop Tart	<i>Grab 'n Go</i> Breakfast Muffin & String Cheese	<i>Grab 'n Go</i> General Mills Cereal Bar	<i>Grab 'n Go</i> Strawberry Yogurt Chex Mix
*Fruit Selection Banana Smoothie Milk Carton	*Fruit Selection Mango Strawberry Smoothie Milk Carton	*Fruit Selection Orange Vanilla Smoothie Milk Carton	*Fruit Selection Mango Smoothie Milk Carton	*Fruit Selection Berry Smoothie Milk Carton
FIESTA Chicken Fajita Burrito GRILL Cheeseburger w/ Fries DELI Ham Sub Sandwich PIZZA Sausage Pizza Slice	FIESTA Oven Fried Chicken Meal GRILL Spicy Tenders & Mac & Cheese DELI Buffalo Chicken Wrap PIZZA Pepperoni Pizza Slice	FIESTA Walking Taco or Nachos w/ Beef & Cheese GRILL Spicy Chicken Sandwich w/ Pickles, Lettuce DELI Turkey Sub Sandwich PIZZA Margherita Pizza Slice	FIESTA Grilled Cheese & Tomato Soup GRILL Chicken Quesadilla w/ Rice & Beans DELI B.L.T.A. Wrap PIZZA Cheese Pizza Slice	FIESTA Loaded Tots GRILL Hotdog w/ Fries DELI Italian Sub Sandwich PIZZA Sausage & Pepperoni Pizza Slice
Meatless Entrées Available Daily: Veggie Burger, PB&J Sandwich, or Entrée Salad				
Lunch Sides: Choose a vegetable side and a fruit side				
Elote Salad Spicy Slaw Fresh Fruit: Grapes Tangerine Slushie Cup	Broccoli w/ Ranch Cucumbers w/ Lime Fresh Fruit: Melon Peaches	Carrots w/ Ranch Cauliflower Fresh Fruit: Tangerine Mango w/ Tajin & Lime Slushie Cup	Broccoli w/ Ranch Cucumbers w/ Lime Fresh Fruit: Melon Peaches	Elote Salad Spicy Slaw Fresh Fruit: Grapes Tangerine Slushie Cup

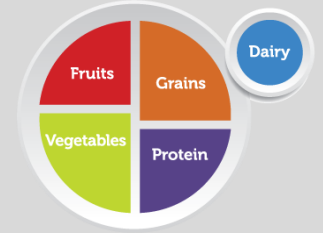
Offer vs. Served:

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.