



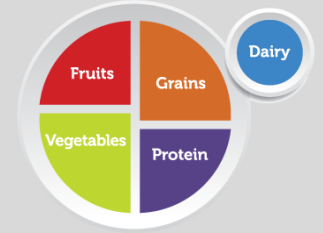
J.S. Morton High School Menu

October 2026 Breakfast & Lunch

MONDAY OCTOBER 5, 19, 26	TUESDAY OCTOBER 6, 13, 20, 27	WEDNESDAY OCTOBER 7, 14, 21, 28	THURSDAY OCTOBER 1, 15, 22, 29	FRIDAY OCTOBER 2, 16, 23, 30
Breakfast includes servings of grain/protein, fruit, and milk.				
Hot Breakfast Bacon, Egg & Cheese Biscuit <i>Grab 'n Go</i> WG Cereal Bars or WG Cereal Bowl w/String Cheese or Strawberry Parfait *Fruit Selection Banana Smoothie Milk Carton	Hot Breakfast Chilaquiles w/Green Salsa <i>Grab 'n Go</i> WG Cereal Bars or WG Cereal Bowl w/String Cheese or Mango Parfait *Fruit Selection Strawberry -Mango Smoothie Milk Carton	Hot Breakfast Breakfast Bowl Scramble Egg, Tater Tots, Cheese, Biscuit <i>Grab 'n Go</i> Assorted Muffins or WG Cereal Bowl w/String Cheese or Strawberry Parfait *Fruit Selection Orange Vanilla Smoothie Milk Carton	Hot Breakfast Chicken & Waffles w/Blueberry Topping <i>Grab 'n Go</i> WG Cereal Bars or WG Cereal Bowl w/String Cheese or Mango Parfait *Fruit Selection Mango Smoothie Milk Carton	Hot Breakfast Egg, Sausage & Cheese English Muffin Sandwich <i>Grab 'n Go</i> Assorted Muffins or WG Cereal Bowl w/String Cheese or Peach Parfait *Fruit Selection Berry Smoothie Milk Carton
FIESTA Orange Chicken w/Fried Rice GRILL Cheeseburger w/Waffle Fries DELI Italian Hoagie PIZZA Pepperoni Pizza Slice	FIESTA Pork Carnitas Tacos GRILL Spicy Tenders w/Fries DELI Cajun Turkey Sub PIZZA Italian Sausage Or Cheese Pizza Slice	FIESTA Red chicken Pozole GRILL Boneless Chicken Wings w/Potato Wedges DELI Spicy Chicken Wrap PIZZA Cheese Pizza Slice	FIESTA Walking Taco Beef & Cheese Grill Spicy Chicken w/Curly Fries DELI Buffalo Chicken Wrap PIZZA Meat Lovers	FIESTA Loaded Tots Grill Turkey Hotdog DELI Turkey Ham & Cheese Sub 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				
Spinach & Romaine Salad Corn & Black Bean Salsa Cucumber w/Tajin Red Seedless Grapes Fresh Granny Smith Apple Slushie Cup	Spinach & Romaine Salad Marinated Tomato Cucumber Salad Confetti Coleslaw Diced watermelon Fresh Strawberries	Cucumbers w/Tajin Carrot & Celery Sticks Fresh Cauliflower Florets Mango w/Tajin Red Seedless Grapes Slushie Cup	Red Bell Pepper Strips Fresh Broccoli Florets Confetti Coleslaw Fresh Banana Orange Wedges	Corn & Black Bean Salsa Zucchini Sticks Marinated Tomato & Cucumber Salad Mango w/Tajin Fresh Golden Delicious Apples 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, Grapes, bananas, Strawberries, Cantaloupe 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.