



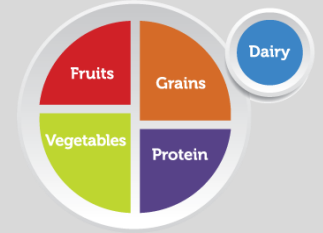
J.S. Morton H.S. Alternative Menu

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 *Fruit Selection Strawberry Smoothie Milk Carton	Hot Breakfast Chilaquiles w/Green Salsa <i>Grab 'n Go</i> WG Cereal Bars or WG Cereal Bowl w/String Cheese *Fruit Selection 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 *Fruit Selection Blueberry 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 *Fruit Selection Milk Carton	Hot Breakfast Egg, Sausage & Cheese English Muffin Sandwich <i>Grab 'n Go</i> Assorted Muffins or WG Cereal Bowl w/String Cheese *Fruit Selection Banana Mango Smoothie Milk Carton
Hot Lunch Cheeseburger w/Waffle Fries or Pepperoni Pizza Slice Meatless entrees Available daily PBJ Sandwich Entree Salad Bosco Sticks	Hot Lunch Boneless Wings w/Fries or Sausage Pizza Slice Meatless entrees Available daily PBJ Sandwich Entree Salad Bosco Sticks	Hot Lunch Spicy Chicken w/ Curly Fries or Cheese Pizza Slice Meatless entrees Available daily PBJ Sandwich Entree Salad Bosco Sticks	Hot Lunch Walking Taco Beef & Cheese or Meat Lovers Pizza Slice Meatless entrees Available daily PBJ Sandwich Entree Salad Bosco Sticks	Hot Lunch Loaded Tots or Sausage & Pepperoni Pizza Meatless entrees Available daily PBJ Sandwich Entree Salad Bosco Sticks
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.