

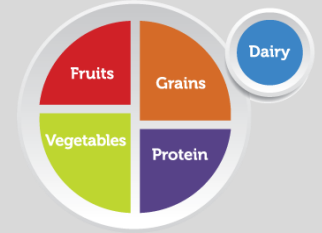


J.S. Morton H.S. Transitional Center Menu October 2026 Breakfast & Lunch

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.				
WG Cereal Bars w/String Cheese	Bacon, Egg & Cheese Biscuit	Breakfast Bowl Scramble Egg, Tater Tots, Cheese, Biscuit	WG Cereal Bowl w/String Cheese	Egg, Sausage & Cheese English Muffin Sandwich
*Fruit Selection	*Fruit Selection	*Fruit Selection	*Fruit Selection	*Fruit Selection
Milk Carton	Milk Carton	Milk Carton	Milk Carton	Milk Carton
<i>Hot Lunch</i>	<i>Hot Lunch</i>	<i>Hot Lunch</i>	<i>Hot Lunch</i>	<i>Hot Lunch</i>
Cheeseburger w/Waffle Fries	Boneless Wings w/Fries	Spicy Chicken w/ Curly Fries	Walking Taco Beef & Cheese	Loaded Tots
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.