

# Welcome to our Lunch Cafe at...




Morris School District Elementary

January 2019

MEATLESS MONDAY

HARVEST of the MONTH



Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese Sandwich <i>Meatless Monday</i> Or Chicken Nuggets Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	2 Classic Cheese Pizza ✓ Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Fresh Baby Carrots Caesar Salad Fresh Apple Fresh Orange	3 Cheeseburger Oven Baked Fries Garbanzo Beans Fresh Apple Fresh Banana	4 Homemade Mac & Cheese ✓ Caesar Salad Fresh Baby Carrots Fresh Pear Fresh Banana	
7 Grilled Cheese Sandwich <i>Meatless Monday</i> Or Chicken Nuggets Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	8 Sausage and Egg Sandwich Sweet Potato Fries Glazed Carrots Cucumber Coins Fresh Apple Fresh Pear	9 Classic Cheese Pizza ✓ Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Fresh Baby Carrots Caesar Salad Fresh Apple Fresh Orange	10 Turkey Hot Dog on Bun Baked Beans Cucumber Coins Fresh Apple Fresh Grapes	11 Stuffed Bread ✓ Spaghetti Sauce Buttered Corn Fresh Pear Fresh Banana
14 Grilled Cheese Sandwich <i>Meatless Monday</i> Cheeseburger Oven Baked Fries Celery Fresh Apple Fresh Orange	15 Honey Mustard Chicken Sauce & Toss Dinner Roll Glazed Carrots Cucumber Coins Fresh Apple Fresh Pear	16 Classic Cheese Pizza ✓ Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Fresh Baby Carrots Caesar Salad Fresh Apple Fresh Orange	17 Chicken Cheese Quesadilla Black Beans Fresh Baby Carrots Fresh Apple Fresh Banana	18 Mozzarella Sticks ✓ Dinner Roll Spaghetti Sauce Cucumber Coins Caesar Salad Fresh Pear Fresh Banana
21	22 Pasta & Meatballs Glazed Carrots Cucumber Coins Fresh Apple Fresh Pear	23 Classic Cheese Pizza ✓ Fresh Baby Carrots Caesar Salad Fresh Apple Fresh Grapes  <b>PIZZA PARADE</b> <i>Choose a healthy Veggie to top your pizza</i>	24 Nachos Grande Oven Baked Fries Chickpea Salad Fresh Orange Fresh Banana  	25 Stuffed Bread ✓ Spaghetti Sauce Caesar Salad Celery Fresh Pear Fresh Banana
28 Grilled Cheese Sandwich <i>Meatless Monday</i> Or Baked Chicken Tenders Dinner Roll Oven Baked Fries Celery Fresh Apple Fresh Orange	29 Cheeseburger Glazed Carrots Cucumber Coins Fresh Apple Fresh Pear	30 Classic Cheese Pizza ✓ Pepperoni Pizza Fresh Baby Carrots Caesar Salad Fresh Apple Fresh Orange  	31 BBQ Chicken Sandwich Baked Beans Cucumber Coins Fresh Apple Fresh Grapes  <b>VEGGIE TASTE TEST TRY A NEW VEGGIE BUTTERNUT SQUASH</b>	 Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



ALL LUNCHEES INCLUDE PROTEIN, GRAIN, FRESH FRUIT, VEGETABLE & CHOICE OF MILK:  
1% OR FAT FREE CHOCOLATE LUNCH \$2.85 REDUCED .40  
PLEASE MAKE CHECK PAYABLE TO: **Morris School District**  
PAYMENTS CAN BE MADE **K12PAYMENTCENTER.COM**

**DAILY HOT MENU ALTERNATE**  
GRILLED CHEESE SANDWICH  
**DAILY COLD ALTERNATES**  
CRISPY CHICKEN CAESAR SALAD W/ DINNER ROLL  
TURKEY or TURKEY HAM & CHEESE SANDWICH  
BAGEL, CHEESE STICK, ORGANIC YOGURT LUNCH  
  
ALL ALTERNATES INCLUDE FRESH FRUIT, VEGETABLE & CHOICE OF MILK  
ASSORTED FRESH FRUIT OPTIONS AVAILABLE DAILY  
Assorted Condiments Available Daily  
Questions... call your Food Service Director 973-292-200 ext 2111 or email [Linda.Ladolcetta@msdk12.net](mailto:Linda.Ladolcetta@msdk12.net)

✓ VEGETARIAN    🍌 MADE WITH NATURAL INGREDIENTS    🐷 PORK    🌿 MADE WITH ORGANIC INGREDIENTS

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.