

Welcome to our Lunch Cafe at...

Morris School District Elementary

November 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



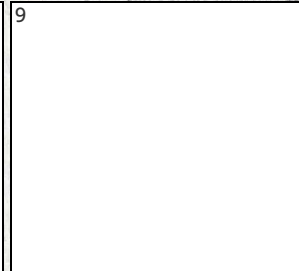
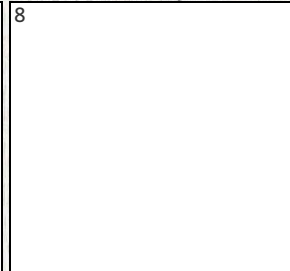
1 Turkey Hot Dog on Bun
Baked Beans
Celery
Fresh Apple
Fresh Banana

2 Mozzarella Sticks
Dinner Roll
Spaghetti Sauce
Broccoli
Cucumber Coins
Fresh Pear
Fresh Banana

5 Grilled Cheese Sandwich
Chicken Nuggets
Oven Baked Fries
Fresh Apple
Fresh Orange



7 Classic Cheese Pizza
Or
Pepperoni Pizza
Fresh Baby Carrots
Caesar Salad
Fresh Apple
Fresh Orange



12 Grilled Cheese Sandwich
Or
Baked Chicken Tenders
Dinner Roll
Oven Baked Fries
Fresh Apple
Fresh Orange

13 Whole Grain Pancakes with Sausage
Glazed Carrots
Cucumber Coins
Fresh Apple
Fresh Pear

14 Classic Cheese Pizza
Or
Pepperoni Pizza
Fresh Baby Carrots
Caesar Salad
Fresh Apple
Fresh Orange
Fresh Pear

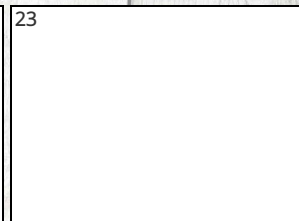
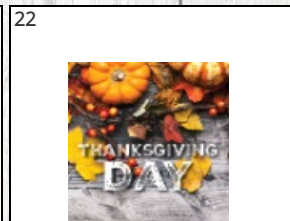
15 Roasted Turkey with Gravy
Dinner Roll
Fluffy Mashed Potatoes
Caesar Salad
Garbanzo Beans
Fresh Apple
Fresh Banana

16 Stuffed Bread
Spaghetti Sauce
Broccoli
Cucumber Coins
Fresh Pear
Fresh Banana

19 Grilled Cheese Sandwich
Or
Chicken Nuggets
Dinner Roll
Sweet Corn
Fresh Apple
Fresh Orange

20 Pasta & Meatballs
Garlic Bread
Glazed Carrots
Cucumber Coins
Fresh Apple
Fresh Pear

21 Classic Cheese Pizza
Or
Pepperoni Pizza
Caesar Salad
Fresh Baby Carrots
Fresh Apple
Fresh Grapes



26 Grilled Cheese Sandwich
Or
Baked Chicken Tenders
Oven Baked Fries
Fresh Apple
Fresh Orange

27 Whole Grain Pancakes with Sausage
Glazed Carrots
Cucumber Coins
Fresh Apple
Fresh Pear

28 Classic Cheese Pizza
Caesar Salad
Fresh Baby Carrots
Fresh Apple
Fresh Orange

29 Nachos Grande
Black Beans
Celery Sticks
Fresh Banana
Fresh Pear

30 Mozzarella Sticks
Dinner Roll
Spaghetti Sauce
Broccoli
Cucumber Coins
Fresh Orange
Fresh Banana

PIZZA PARADE
CHOOSE A HEALTHY
VEGGIE TO TOP
YOUR PIZZA



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



ALL LUNCHES 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

DAILY HOT MENU ALTERNATE
GRILLED CHEESE SANDWICH

DAILY COLD ALTERNATES
CRISPY CHICKEN CAESAR SALAD W/ DINNER ROLL
TURKEY & CHEESE SANDWICH
TURKEY HAM & CHEESE SANDWICH
BAGEL, CHEESE STICK, YOGURT LUNCH

ALL ALTERNATES INCLUDE FRESH FRUIT, VEGETABLE & CHOICE OF MILK
Assorted Fresh Fruit options available daily
Assorted condiments offered daily

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.