

Welcome to our Lunch Cafe at...

Morris School District Elementary

February 2019

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.



4 Grilled Cheese Sandwich
Chicken Nuggets
Dinner Roll
Sweet Corn
Celery
Fresh Apple
Fresh Orange

MEATLESS MONDAY

5 Fluffy Whole Grain Waffles
Crispy Potato Puffs
Crispy Sausage Links
Fresh Baby Carrots
Fresh Apple
Fresh Pear

6 Classic Cheese Pizza
Or
Pepperoni Pizza
cheese pizza topped with pepperoni
Fresh Baby Carrots
Caesar Salad
Fresh Apple
Fresh Orange

7 Philly Cheese Steak
Baked Beans
Cucumber Coins
Fresh Grapes
Fresh Banana

8 Stuffed Bread
Spaghetti Sauce
Broccoli
Celery
Fresh Pear
Fresh Banana

11 Grilled Cheese Sandwich
Cheeseburger
Oven Baked Fries
Celery
Fresh Apple
Fresh Orange

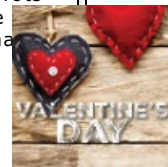
MEATLESS MONDAY

12 Chicken Nuggets
Dinner Roll
Glazed Carrots
Cucumber Coins
Fresh Apple
Fresh Pear

13 Classic Cheese Pizza
Or
Pepperoni Pizza
cheese pizza topped with pepperoni
Fresh Baby Carrots
Caesar Salad
Fresh Apple
Fresh Orange

14 Pasta & Meatballs
Homemade
Confetti Garbanzo Bean Salad
Fresh Baby Carrots
Fresh Apple
Fresh Banana

15 Mozzarella Sticks
Dinner Roll
Spaghetti Sauce
Cucumber Coins
Caesar Salad
Fresh Pear
Fresh Banana



18
PRESIDENT'S DAY

19

20 Classic Cheese Pizza
Fresh Baby Carrots
Caesar Salad
Fresh Apple
Fresh Grapes
PIZZA PARADE
Choose a healthy Veggie to top your pizza

21 Chicken Fajita Wrap
Chickpea Salad
Cucumber Coins
Fresh Orange
Fresh Banana



22 Stuffed Bread
Spaghetti Sauce
Caesar Salad
Celery
Fresh Pear
Fresh Banana

25 Grilled Cheese Sandwich
Baked Chicken Tenders
Dinner Roll
Oven Baked Fries
Celery
Fresh Apple
Fresh Orange

MEATLESS MONDAY

26 Cheeseburger
Glazed Carrots
Cucumber Coins
Fresh Apple
Fresh Pear

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



28 Turkey Hot Dog on Bun
Baked Beans
Cucumber Coins
Fresh Apple
Fresh Grapes
**VEGGIE TASTE TEST
TRY A NEW VEGGIE**

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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

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.