

Welcome to our Lunch Cafe at...

Morris School District Elementary

March 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.



1 Homemade Mac & Cheese
 Broccoli
 Fresh Baby Carrots
 Fresh Pear
 Fresh Banana

fooditude

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

MEATLESS MONDAY

Sausage and Egg Sandwich
 Sweet Potato Fries
 Cucumber Coins
 Fresh Apple
 Fresh Pear

IT'S BRUNCH FOR LUNCH!

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

7 Turkey Hot Dog on Bun
 Baked Beans
 Cucumber Coins
 Fresh Grapes
 Fresh Banana

8 Stuffed Bread
 Spaghetti Sauce
 Buttered Corn
 Fresh Pear
 Fresh Banana

ChooseMyPlate.gov

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

MEATLESS MONDAY

12 Fiesta Chicken Rice Bowl
 Glazed Carrots
 Cucumber Coins
 Fresh Apple
 Fresh Pear

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

14 Chicken Cheese Quesadilla
 Black Beans
 Fresh Baby Carrots
 Fresh Apple
 Fresh Banana

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

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

MEATLESS MONDAY

19 Homemade Pasta & Meatballs
 Glazed Carrots
 Cucumber Coins
 Fresh Apple
 Fresh Pear

20 Classic Cheese Pizza
 Fresh Baby Carrots
 Caesar Salad
 Fresh Apple
 Fresh Grapes

PIZZA PARADE
 Choose a healthy Veggie to top your pizza

21 Nachos Grande
 Chickpea Salad
 Cucumber Coins
 Fresh Orange
 Fresh Banana

22 Whole Grain Pancakes with Sausage
 Caesar Salad
 Celery
 Fresh Pear
 Fresh Banana

IT'S BRUNCH FOR LUNCH!

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

MEATLESS MONDAY

Cheeseburger
 Sweet Potato Fries
 Cucumber Coins
 Fresh Apple
 Fresh Pear

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

28 BBQ Chicken Sandwich
 Baked Beans
 Cucumber Coins
 Fresh Apple
 Fresh Grapes

**VEGGIE TASTE TEST
 TRY A NEW VEGGIE**

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



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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**
 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 973-292-2001 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.