

Welcome to our Lunch Cafe at...

Morris School District Elementary

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Grilled Cheese Sandwich
 ✓
 Cheeseburger
 Oven Baked Fries
 Cucumber Coins
 Fresh Apple
 Fresh Orange

2 Chicken Nuggets
 Dinner Roll
 Glazed Carrots
 Celery
 Fresh Pear
 Fresh Apple

3 Classic Cheese Pizza ✓
 Or
 Pepperoni Pizza
 Caesar Salad
 Fresh Baby Carrots
 Fresh Grapes
 Fresh Orange

4 Whole Grain Pancakes
 with Sausage
 Green Beans
 Confetti Garbanzo Bean
 Salad
 Fresh Pear
 Fresh Banana

5 Stuffed Bread ✓
 Tomato Sauce Dip
 Broccoli
 Fresh Baby Carrots
 Fresh Grapes
 Fresh Banana

8 Grilled Cheese Sandwich
 ✓
 Baked Chicken Tenders
 Dinner Roll
 Oven Baked Fries
 Cucumber Coins
 Fresh Apple
 Fresh Orange

9 Sausage and Egg
 Sandwich 🍳
 Sweet Potato Fries
 Celery
 Fresh Apple
 Fresh Pear

10 Classic Cheese Pizza ✓
 Or
 Pepperoni Pizza
 Caesar Salad
 Fresh Baby Carrots
 Strawberries
 Fresh Apple

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

12 Mozzarella Sticks ✓
 Split Top Dinner Roll
 Spaghetti Sauce
 Roasted Lemon
 Parmesan Broccoli
 Fresh Pear
 Fresh Banana



15
 16
 17
 18
 19
SPRING RECESS



22
 23 Homemade Pasta &
 Meatballs 🍝
 Glazed Carrots
 Cucumber Coins
 Fresh Apple
 Fresh Pear

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

25 Nachos Grande 🍳
 Confetti Black Bean Salad
 Cucumber Coins
 Fresh Orange
 Fresh Banana

26 Whole Grain Pancakes
 with Sausage
 Hash Brown Potatoes
 Celery
 Fresh Pear
 Fresh Banana

29 Grilled Cheese Sandwich
 ✓
 Or
 Baked Chicken Tenders
 Dinner Roll
 Oven Baked Fries
 Celery
 Fresh Apple
 Fresh Orange

Cheeseburger
 Sweet Potato Fries
 Cucumber Coins
 Fresh Apple
 Fresh Pear

**VEGGIE TASTE TEST
 TRY A NEW VEGGIE**

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.



ALL LUNCHESES 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

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



✓ VEGETARIAN 🍳 MADE WITH NATURAL INGREDIENTS P 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.