

Welcome to our Lunch Cafe at...

Morris School District Elementary

May 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.



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

7 Whole Grain Pancakes with Sausage
Sweet Potato Fries
Celery
Fresh Apple
Fresh Pear



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

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

10 Mozzarella Sticks
Split Top Dinner Roll
Spaghetti Sauce
Fresh Baby Carrots
Fresh Pear
Fresh Banana

IT'S BRUNCH FOR LUNCH!

13 Grilled Cheese Sandwich
Chicken Nuggets
Dinner Roll
Oven Baked Fries
Celery
Fresh Apple
Fresh Orange

14 Cheeseburger
Sweet Potato Fries
Cucumber Coins
Fresh Apple
Fresh Pear

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

16 Chicken Fajita Wrap
Black Beans
Cucumber Coins
Fresh Orange
Fresh Pear

17 Stuffed Bread
Tomato Sauce Dip
Broccoli
Fresh Baby Carrots
Fresh Grapes
Fresh Banana

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

21 Meatball Hero
Glazed Carrots
Cucumber Coins
Fresh Apple
Fresh Pear



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

23 Nachos Grande
Confetti Black Bean Salad
Cucumber Coins
Fresh Orange
Fresh Banana

24 Whole Grain Pancakes with Sausage
Crispy Potato Puffs
Celery
Fresh Pear
Fresh Banana

IT'S BRUNCH FOR LUNCH!



27

28 Cheeseburger
Sweet Potato Fries
Cucumber Coins
Fresh Apple
Fresh Pear



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

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

31 Mozzarella Sticks
Split Top Dinner Roll
Spaghetti Sauce
Roasted Lemon
Parmesan Broccoli
Fresh Baby Carrots
Fresh Pear
Fresh Banana

VEGGIE TASTE TEST
TRY A NEW VEGGIE



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



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 973-292-200 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.