

# Welcome to our Lunch Cafe at... Morris School District Elementary

**March**  
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Sandwich Or Baked Chicken Tenders Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	3 Whole Grain Pancakes with Sausage <i>light and fluffy pancakes served with a sausage patty</i> Sweet Potato Fries Cucumber Coins Fresh Pear Fresh Orange	4 Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Grapes Fresh Pear	5 Chicken Fajita Mexican Style Rice Black Beans Fresh Banana Fresh Orange	6 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Spaghetti Sauce Broccoli Fresh Baby Carrots Cucumber Coins Fresh Grapes Fresh Banana
9  Grilled Cheese Sandwich Or Crispy Chicken Drumstick Crispy Potato Puffs Dinner Roll Celery Fresh Apple Fresh Orange	10 Belgium Waffle Bites Turkey Sausage Patty Sweet Potato Fries Cucumber Coins Fresh Pear Fresh Orange 	11 Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Pear Fresh Apple	12 Homemade Mac & Cheese Chickpea Salad Cucumber Coins Fresh Grapes Fresh Banana <b>IT'S STUDENT APPRECIATION DAY</b> <i>Free Cookie w/ lunch</i>	13 Cheesy Stuffed Bread Sticks Spaghetti Sauce Side Garden Salad Fresh Baby Carrots Fresh Green Grapes Fresh Apple
16  Grilled Cheese Sandwich Or Chicken Tenders Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	17 Fluffy Whole Grain Pancakes Turkey Sausage Patty Sweet Potato Fries Cucumber Coins Fresh Pear Fresh Orange	18 Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Grapes Fresh Pear	19 Turkey Hot Dog on Bun Baked Beans Fresh Baby Carrots Apple Slices Fresh Banana <b>LUCKY TRAY DAY</b>	20 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Spaghetti Sauce Roasted Lemon Parmesan Broccoli Cucumber Coins Fresh Pear Fresh Banana
23  Grilled Cheese Sandwich Or Baked Chicken Tenders Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	24 Whole Grain Pancakes with Sausage <i>light and fluffy pancakes served with a sausage patty</i> Sweet Potato Fries Cucumber Coins Fresh Pear Apple Slices	25 Classic Cheese Pizza Fresh Baby Carrots Caesar Salad Fresh Apple Fresh Grapes <b>PIZZA PARADE</b> <i>Choose a healthy Veggie to top your pizza</i>	26 Nachos Grande Chickpea Salad Fiesta Corn Fresh Banana Fresh Orange	27 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Spaghetti Sauce Fresh Rainbow Baby Carrots Spinach Salad Fresh Pear Fresh Banana
30  Grilled Cheese Sandwich Or Crispy Chicken Drumstick Crispy Potato Puffs Dinner Roll Celery Fresh Apple Fresh Orange	31 Cheeseburger Sweet Potato Fries Cucumber Coins Fresh Pear Fresh Orange			



Our marketing and communications programs encourage a healthy "Fooditude," that is, a healthy attitude about food. Through innovative menus and promotions, we strive to create a healthy fooditude that leaves students inspired to achieve all levels of success.



## 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 LUNCHEES INCLUDE  
PROTEIN, GRAIN, FRESH  
FRUIT, VEGETABLE &  
CHOICE OF MILK: 1% OR FAT  
FREE or CHOCOLATE  
LUNCH \$2.85  
REDUCED .40  
PLEASE MAKE CHECK PAYABLE  
TO: **MORRIS School District**

### DAILY HOT MENU ALTERNATE

MON: GRILLED CHEESE SANDWICH TUES: EGG & CHEESE  
WED: CRISPY CHICKEN SANDWICH  
THURS: GRILLED CHEESE FRI: CHEESEBURGER  
**DAILY COLD ALTERNATES**  
CRISPY CHICKEN CAESAR SALAD W/ DINNER ROLL  
TURKEY or TURKEY HAM & CHEESE SANDWICH  
BAGEL, CHEESE STICK, ORGANIC YOGURT LUNCH



Made With  
Natural Ingredients



ALL ALTERNATES INCLUDE FRESH FRUIT  
Choice



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 on the menu. MORRIS School District is an equal opportunity provider.