

Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

1/3/2022 - 1/7/2022

Monday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

Tuesday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Wednesday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Thursday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Friday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries



Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Crispy Chicken
Drumstick
*tender chicken drumstick
breaded and baked until
crispy*
Dinner Roll

Barbecue Rib
Sandwich
*warm BBQ rib patty on a
bun prepared in-house*

Mozzarella Sticks
*crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce* 🌱

Chicken Fajita Wrap
*freshly made tortilla
stuffed with mexi style
meat, rice, onions,
peppers and cheese* 🌱

Chicken Parmesan
Sandwich
*warm chicken patty
smothered in tomato
sauce, topped with
melted cheese
assembled in-house on a
roll*

Steamed Corn
Fresh Green Grapes

Shredded Carrots
Fresh Orange

Garden Salad
Cucumber Coins
Fresh Pear

Sriracha Garbanzo
Beans
Fresh Banana

Garden Salad
Cucumber Coins
Fresh Red Delicious
Apple
Fresh Banana

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

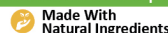
**SPECIALS AVAILABLE DAILY,
CHECK OUR CAFETERIA POSTINGS**



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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.



Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

1/10/2022 - 1/14/2022

Monday

Cheeseburger
Classic Beef Burger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

Tuesday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Wednesday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Thursday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Friday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

ALL LUNCHES ARE FREE TO ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY !



Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱



Chicken and Waffles
crispy chicken placed on
top of fluffy waffles
Syrup

Barbecue Rib
Sandwich
warm BBQ rib patty on a
bun prepared in-house

Chicken Lo Mein
tender chicken sauteed
with vegetables and lo
mein noodles 🍜

Nachos with Cheese
creamy cheese layered
over a bed of nachos 🌱
Mild Salsa

Homemade Mac &
Cheese
pasta in cheese sauce,
garnished with parsley
🌱 🍷



Garden Salad
Celery
Fresh Red Delicious
Apple
Fresh Green Grapes

Shredded Carrots
Fresh Pear

Garden Salad
Cucumber Coins
Fresh Pear
Sauteed Cinnamon
Apple Slices

Side of Beans
side of beans cooked to
tender perfection
Garden Salad
Fresh Pear

Garden Salad
Shredded Carrots
Watermelon Cup



Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap



**SPECIALS AVAILABLE DAILY
CHECK OUR CAFETERIA POSTINGS**

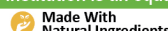
**ASSORTED
FRUITS
AVAILABLE DAILY
ASSORTED
CONDIMENTS**



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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.



Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

1/17/2022 - 1/21/2022

Monday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Tuesday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

Wednesday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

Thursday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Friday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

ALL LUNCHES ARE FREE FOR ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY!

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱

Crispy Chicken
Drumstick
*tender chicken drumstick
breaded and baked until
crispy*
Dinner Roll

Barbecue Rib
Sandwich
*warm BBQ rib patty on a
bun prepared in-house*

Mozzarella Sticks
*crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce* 🌱

Chicken Fajita Wrap
*freshly made tortilla
stuffed with mexi style
meat, rice, onions,
peppers and cheese* 🌱

Chicken Parmesan
Sandwich
*warm chicken patty
smothered in tomato
sauce, topped with
melted cheese
assembled in-house on a
roll*

Steamed Corn
Fresh Green Grapes

Shredded Carrots
Fresh Orange

Celery
Shredded Carrots
Fresh Pear

Sriracha Garbanzo
Beans
Fresh Banana

Side Garden Salad
*fresh lettuce and tomato
salad*
Fresh Grapes

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
*tender chicken and
melted cheese wrapped*

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
*tender chicken and
melted cheese wrapped*

**SPECIALS AVAILABLE DAILY
CHECK OUR CAFETERIA POSTINGS**

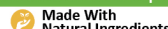
**ASSORTED FRUITS
AVAILABLE DAILY
ASSORTED**



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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.



Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

1/24/2022 - 1/28/2022

Monday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Crispy Chicken
Sandwich
Oven Baked Fries

Tuesday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

Wednesday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

Thursday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries

Friday

Classic Beef Burger
Cheeseburger
Crispy Chicken
Sandwich
Beef Hot Dog on Bun
Oven Baked Fries



LUNCHES ARE FREE FOR ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY!



Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌱



Chicken and Waffles
crispy chicken placed on
top of fluffy waffles
Syrup

Barbecue Rib
Sandwich
warm BBQ rib patty on a
bun prepared in-house

Chicken Lo Mein
tender chicken sauteed
with vegetables and lo
mein noodles 🍜

Nachos with Cheese
creamy cheese layered
over a bed of nachos 🌱
Mild Salsa

Homemade Mac &
Cheese
pasta in cheese sauce,
garnished with parsley
🌱 🍷



Steamed Corn
Fresh Green Grapes

Shredded Carrots
Fresh Orange

Garden Salad
Cucumber Coins
Fresh Pear

Sriracha Garbanzo
Beans
Fresh Banana

Shredded Carrots
Fresh Orange
Garden Salad



Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap



**ASSORTED FRUITS
AVAILABLE DAILY
ASSORTED
CONDIMENTS**



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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.



Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

1/31/2022 - 1/31/2022

Monday

Tuesday

Wednesday

Thursday

Friday

ASSORTED FRUITS
AVAILABLE DAILY
ASSORTED
CONDIMENTS
AVAILABLE DAILY



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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.

