



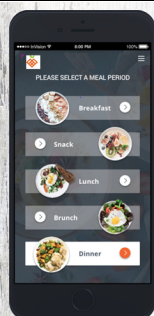
# Welcome to our Lunch Cafe

## Morris School District Elementary

**January 2022**

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

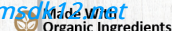
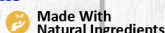
Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Chicken Tenders Dinner Roll Sweet Corn Celery Sticks Apple Slices	4 Sausage and Cheese Sandwich Sweet Potato Fries Fresh Orange	5 French Bread Pizza Shredded Carrots Celery Sticks Fresh Pear	6 Grilled Ham & Cheese Sandwich Chickpea Salad Fresh Grapes	7 Cheesy Stuffed Bread Sticks Tomato Sauce Steamed Broccoli Fresh Pear
10 Cheeseburger Oven Baked Fries Apple Slices Shredded Carrots	11 Crispy Chicken Drumstick Dinner Roll Grape Tomatoes Fresh Orange	12 French Bread Pizza Shredded Carrots Celery Sticks Fresh Pear	13 Beef Hot Dog on Bun Four Bean Salad Fresh Green Grapes Baby Carrots	14 Baked Chicken Tenders Dinner Roll Caesar Salad Fresh Pear
17	18 Sausage and Cheese Sandwich Sweet Potato Fries Fresh Orange	19 French Bread Pizza Shredded Carrots Celery Sticks Fresh Grapes	20 Beef Hot Dog on Bun Apple Slices Chickpea Salad	21 Grilled Cheese Sandwich Caesar Salad Fresh Pear
24 Cheeseburger Oven Baked Fries Celery Sticks Apple Slic	25 Cinnamon French Toast Sweet Potato Fries Fresh Pear Syrup	26 French Bread Pizza Shredded Carrots Celery Sticks Fresh Orange	27 Chicken Nuggets Dinner Roll Four Bean Salad Apple Slices	28 Cheesy Stuffed Bread Sticks Dinner Roll Tomato Sauce Tomatoes Cinnamon Applesauce
31 Chicken Nuggets Oven Baked Fries Ketchup Celery Sticks Apple Slices	<div> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on products that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div>			



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.



**LUNCHES ARE FREE OF CHARGE FOR ALL STUDENTS**  
ALL LUNCHES INCLUDE PROTEIN, GRAIN, FRUIT, VEGETABLE & CHOICE OF CHOCOLATE FAT FREE MILK OR WHITE LOW FAT MILK



**Alternate Menu Choices Daily:**  
Bagel/Yogurt Lunch Or Turkey Sandwich  
**Vegetarian Option Available:**  
Grilled Cheese or Veggie Burger  
Pre-order vegetarian options in the am with your teacher

Questions... call 973-292-2000 ext 2111 or

email [Linda.Ladkett@msd112.net](mailto:Linda.Ladkett@msd112.net)

\*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.