



# Welcome to our Lunch Cafe

# Morris School District Elementary

# May 2021

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 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 Bagel Lunch Corn Fresh Apple Fat Free Chocolate Milk	4 Chicken Delight Wrap Baby Carrots Fresh Orange Fat Free Chocolate Milk	5 Yogurt Lunch Celery Baby Carrots Fresh Pear Fat Free Chocolate Milk	6 Bagel Melt Black Beans Fresh Grapes Fat Free Chocolate Milk	7 Chicken Caesar Salad Tomatoes Ranch Dressing Fresh Pear Fat Free Chocolate Milk
10 Bagel with String Cheese Shredded Carrots Fresh Apple Fat Free Chocolate Milk	11 Crispy Chicken Sandwich Corn Fresh Orange Fat Free Chocolate Milk	12 Yogurt Lunch Shredded Carrots Celery Sticks Fresh Pear Fat Free Chocolate Milk	13 Grilled Chicken Salad with Dinner Rolls Side of Beans Ranch Dressing Fresh Apple Fat Free Chocolate Milk	14 Ham & Cheese Sandwich Tomatoes Fresh Pear Fat Free Chocolate Milk
17 Bagel with String Cheese Sweet Corn Apple Slices Fat Free Chocolate Milk	18 Chicken Delight Wrap Shredded Carrots Fresh Orange Fat Free Chocolate Milk	19 Yogurt Lunch Celery Sticks Fresh Grapes Fat Free Chocolate Milk	20 Bagel Melt Side of Beans Apple Slices Fat Free Chocolate Milk	21 Grilled Chicken Salad with Dinner Rolls Ranch Dressing Tomatoes Fresh Pear Fat Free Chocolate Milk
24 Bagel with String Cheese Shredded Carrots Apple Slices Fat Free Chocolate Milk	25 Crispy Chicken Sandwich Corn Fresh Pear Fat Free Chocolate Milk	26 Yogurt Lunch Shredded Carrots Celery Sticks Fresh Orange Fat Free Chocolate Milk	27 Chicken Caesar Salad Caesar Dressing Dinner Roll Side of Beans Fresh Orange Fat Free Chocolate Milk	28 Not-A-Nut Butter & Jelly Sandwich Tomatoes Celery Sticks Cinnamon Applesauce Fat Free Chocolate Milk

Note: When schools close due to COVID Meals are always still available for pick up at Morris HS.

## 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.



We are 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.



ALL LUNCHES INCLUDE PROTEIN, GRAIN, FRESH FRUIT, VEGETABLE & FAT FREE MILK LUNCHES ARE FREE OF CHARGE

LET YOUR TEACHER KNOW IF YOU WOULD LIKE LUNCH & BREAKFAST TO TAKE

## GRAB & GO BREAKFAST & LUNCH AVAILABLE & SENT HOME DAILY

@ NO CHARGE FOR ALL STUDENTS

VIRTUAL STUDENTS CAN PICK UP BREAKFAST & LUNCH AS FOLLOWS Morris HS :8:00am-9:00am & 11:30-12:30pm Mon, Wed, Fri. Weekend meals are included in

Friday bag questions... call 973-292-2000 ext 2111 or email JOHN.OWEN@msd.k12.nj.us

Vegetarian HOME Made With Natural Ingredients Pork Smart 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.