

Welcome to our Lunch Cafe

Morris School District Elementary

October
2020

Monday

Tuesday

Wednesday

Thursday

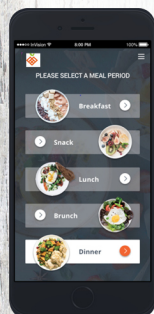
Friday

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.



5 Bagel with String Cheese Corn & Pepper Salad Fresh Apple	6 Cold Crispy Chicken Sandwich Fresh Baby Carrots Fresh Orange Fat Free Chocolate Milk	7 Simply Boxed Yogurt Power Pack Celery Fresh Baby Carrots Fresh Pear Fat Free Chocolate Milk	8 Chicken Caesar Salad Confetti Garbanzo Bean Salad Ranch Dressing Fresh Apple Fat Free Chocolate Milk	9 Ham & Cheese Bagel Melt Fresh Baby Carrots Fresh Pear Fat Free Chocolate Milk <i>Take home & heat or eat cold!</i>
12 Bagel with String Cheese Fresh Baby Carrots Apple Slices Fat Free Chocolate Milk	13 Cold Crispy Chicken Sandwich Corn & Pepper Salad Mayo Fresh Orange Fat Free Chocolate Milk	14 Turkey & Cheese Sandwich Mayo Fresh Baby Carrots Celery Plums Fat Free Chocolate Milk	15 Simply Boxed Yogurt Power Pack Cucumber Coins Apple Slices Fat Free Chocolate Milk	16 Not-A-Nut Butter & Jelly Sandwich Cherry Tomatoes Fresh Pear Fat Free Chocolate Milk
19 Bagel with String Cheese Fresh Baby Carrots Fresh Pear Fat Free Chocolate Milk	20 Cold Crispy Chicken Drumstick Dinner Roll Fresh Baby Carrots Fresh Pear Fat Free Chocolate Milk	21 Simply Boxed Yogurt Power Pack Celery Fresh Baby Carrots Fresh Orange Fat Free Chocolate Milk	22 Chicken Caesar Salad Cherry Tomatoes Apple Slices Fat Free Chocolate Milk	23 Bagel Melt Fresh Baby Carrots Fresh Apple Fat Free Chocolate Milk 1% Milk <i>Take home & heat or eat cold!</i>
26 Bagel with String Cheese Fresh Baby Carrots Fresh Apple Fat Free Chocolate Milk	27 Cold Crispy Chicken Sandwich Fresh Baby Carrots Fresh Pear Fat Free Chocolate Milk	28 Simply Boxed Yogurt Power Pack Celery Fresh Orange Fat Free Chocolate Milk	29 Ham & Cheese Sandwich Mayo Fresh Baby Carrots Celery Plums Fat Free Chocolate Milk	30 Pepperoni & Cheese Melt Side Salad Ranch Dressing Fresh Pear Fat Free Chocolate Milk <i>Take home & heat or eat cold!</i>



We are 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.



ALL LUNCHES INCLUDE
PROTEIN, GRAIN, FRESH
FRUIT, VEGETABLE &
FAT FREE MILK
LUNCHES ARE FREE OF
CHARGE AT THE PRESENT
TIME
PLEASE LET YOUR TEACHER
KNOW IF YOU WOULD LIKE



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

@ NO CHARGE FOR ALL STUDENTS

**VIRTUAL STUDENTS CAN PICK UP
BREAKFAST & LUNCH AS FOLLOWS:
Mon. & Thurs @Morris HS: 3:00-
3:30**

**Thursday pick up includes weekend
meals questions, call 973-292-2000 ext 2111
or email Linda.Ladoleta@msdk12.org**