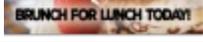


Welcome to our Lunch Cafe at... Morris School District Elementary

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 IT'S STUDENT APPRECIATION DAY <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 LUCKY TRAY DAY	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 Crispy 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 PIZZA PARADE <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	<div data-bbox="706 1407 1234 1491"> <h2>HARVEST of the MONTH</h2> </div> <div data-bbox="706 1501 1031 1648"> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div> <div data-bbox="1039 1554 1234 1648">  </div> <div data-bbox="1258 1438 1518 1638">  </div>		



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.



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

 Vegetarian  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. Whitsons is an equal opportunity provider.