

# Welcome to our Lunch Cafe at...

Morris School District Elementary

October 2019

Monday

Tuesday

Wednesday

Thursday

Friday

**HARVEST**  
of the MONTH

**MEATLESS MONDAY**



<p>1 Grilled Cheese Sandwich Or Baked Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Dinner Roll Sweet Corn Celery Fresh NY Local Apple Fresh Orange</p>	<p>2 Chicken Nuggets Oven Baked Fries Dinner Roll Celery Fresh NY Local Apple Fresh Orange</p>	<p>3 Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Caesar Salad Fresh Baby Carrots Fresh Pear Fresh Orange</p>	<p>4 Chicken Cheese Quesadilla <i>hand crafted grilled flour tortilla filled with juicy chicken and melty cheese</i> Crispy Potato Puffs Chickpea Salad Fresh Banana Fresh Orange</p>	<p>5 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</p>
<p>6 Grilled Cheese Sandwich Or Baked Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Dinner Roll Sweet Corn Celery Fresh NY Local Apple Fresh Orange</p>	<p>7 Whole Grain Pancakes with Sausage <i>light and fluffy pancakes served with a sausage patty</i> Sweet Potato Fries Cucumber Coins Fresh Nectarine Fresh Pear</p>	<p>8 Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Grapes Fresh Pear</p>	<p>9 Chicken Fajita Wrap <i>freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese</i> Sautéed Corn &amp; Black Bean Salsa Cucumber Coins Fresh Grapes Fresh Banana</p>	<p>10 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Spaghetti Sauce Side Garden Salad Fresh Baby Carrots Fresh Peach Fresh Strawberries</p>
<p>9 Grilled Cheese Sandwich Or Cheeseburger Oven Baked Fries Celery Fresh Orange Apple Slices</p>	<p>10 BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> Glazed Carrots Cucumber Coins Fresh Nectarine Fresh NY Local Apple</p>	<p>11 Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Grapes Fresh Pear</p>	<p>12 Turkey Hot Dog on Bun Baked Beans Fresh Baby Carrots Fresh Banana Fresh Strawberries</p>	<p>13 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</p>
<p>10 Grilled Cheese Sandwich Or Roasted Chicken Drumstick <i>chicken drumstick roasted to perfection in the oven</i> Fluffy Mashed Potatoes Fresh Baby Carrots Fresh Pear Fresh Orange</p>	<p>11 Whole Grain Pancakes with Sausage <i>light and fluffy pancakes served with a sausage patty</i> Sweet Potato Fries Cucumber Coins Fresh Nectarine Fresh Pear Apple Slices</p>	<p>12 Classic Cheese Pizza Fresh Baby Carrots Caesar Salad Fresh Grapes Cinnamon Apple Slices</p>	<p>13 PACHOS Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Chickpea Salad Cucumber Coins Fresh Banana Fresh Orange</p>	<p>14 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Spaghetti Sauce Sliced Zucchini Garden Salad Fresh Pear Fresh Banana</p>
<p>11 Grilled Cheese Sandwich Or Baked Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Dinner Roll Sweet Corn Celery Fresh NY Local Apple Fresh Orange</p>	<p>12 Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Sweet Potato Fries Cucumber Coins Fresh Nectarine Fresh Pear</p>	<p>13 Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Green Grapes Apple Slices</p>	<p>14 Homemade Pasta &amp; Meatballs Cucumber Coins Garbanzo Beans Strawberries Fresh Banana</p>	<p>15 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Spaghetti Sauce Sliced Zucchini Garden Salad Fresh Pear Fresh Banana</p>

**BRUNCH FOR LUNCH**



HEALTHY BANANA SPLIT



**PIZZA PARADE**  
Choose a healthy Veggie to top your pizza

Try a new veggie ZUCCHINI



Whitson's 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 new 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 & CHOICE OF MILK:  
1% OR FAT FREE CHOCOLATE LUNCH \$2.85  
REDUCED .40  
PLEASE MAKE CHECK  
PAYABLE TO: **Morris School District**  
PAYMENTS CAN also BE MADE: **K12PAYMENTCENTER.COM**

**DAILY HOT MENU ALTERNATE**  
MON: GRILLED CHEESE SANDWICH  
TUES: EGG & CHEESE SANDWICH  
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  
ALL ALTERNATES INCLUDE FRESH FRUIT, VEGETABLE & CHOICE OF MILK  
ASSORTED FRESH FRUIT OPTIONS AVAILABLE DAILY

VEGETARIAN MADE WITH NATURAL INGREDIENTS ASSORTED CANDIES AVAILABLE DAILY 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.