

Welcome to our Lunch Cafe at...

Morris School District Elementary

January
2020

Monday

HARVEST
of the MONTH

WHITSON'S
School Nutrition

proudly supports clean, sustainable
re! We also focus on using ingre-
at are locally sourced, all-natural,
and non-GMO whenever possible.

Tuesday



Wednesday



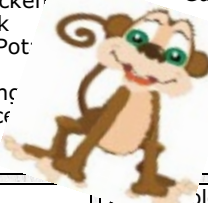
Thursday

Friday

MEATLESS MONDAY

MEATLESS MONDAY

BRUNCH!
FOR
LUNCH



ALL DAY Every Day

20



MEATLESS MONDAY

Grilled Cheese Sandwich



Or

Baked Chicken Tenders
Dinner Roll
Sweet Corn
Celery
Fresh Apple
Fresh Orange

Grilled Cheese Sandwich



Or

Roasted Chicken
Drumstick
Fluffy Mashed Pot
Celery
Fresh Orange
Apple Slices

7

Whole Grain Pancakes
with Sausage

light and fluffy pancakes served
with a sausage patty
Sweet Potato Fries
Cucumber Coins
Fresh Pear
Fresh Orange

14

Belgium Waffle Bites
Turkey Sausage Patty
Glazed Carrots
Cucumber Coins
Fresh Apple
Fresh Pear

8

Classic Cheese Pizza



Or

Pepperoni Pizza
cheese pizza topped with
pepperoni
Red Pepper Strips
Caesar Salad
Fresh Grapes
Fresh Pear

15

Classic Cheese Pizza



Or

Pepperoni Pizza
cheese pizza topped with
pepperoni
Red Pepper Strips
Caesar Salad
Fresh Grapes
Fresh Pear

9

Meatball Hero



Baked Beans
Cucumber Coins
Fresh Grapes
Fresh Banana

16

Turkey Hot Dog on
Bun
Baked Beans
Fresh Baby Carrots
Apple Slices
Fresh Banana

LUCKY TRAY DAY

10

Cheesy Stuffed Bread
Sticks

baked bread sticks filled with
melted cheese

Spaghetti Sauce
Side Garden Salad
Fresh Baby Carrots
Fresh Green Grapes
Fresh Apple

17

Mozzarella Sticks

crispy mozzarella sticks filled
with gooey cheese, perfect for
dipping into your favorite sauce

Spaghetti Sauce
Roasted Lemon
Parmesan Broccoli
Cucumber Coins
Fresh Pear
Fresh Banana

21

Whole Grain Pancakes
with Sausage

light and fluffy pancakes served
with a sausage patty
Sweet Potato Fries
Cucumber Coins
Fresh Pear
Apple Slices

22

Classic Cheese Pizza



Fresh Baby Carrots
Caesar Salad
Fresh Apple
Fresh Grapes

PIZZA PARADE

Choose a healthy Veggie
to top your pizza

23

Nachos Grande

tortilla chips topped with freshly
prepared mexi style meat and
cheese sauce
Chickpea Salad
Fiesta Corn
Fresh Banana
Fresh Orange

24

Cheesy Stuffed Bread
Sticks

baked bread sticks filled with
melted cheese

Spaghetti Sauce
Fresh Rainbow Baby
Carrots
Spinach Salad
Fresh Pear
Fresh Banana

28

Cheeseburger
Sweet Potato Fries
Cucumber Coins
Fresh Apple
Fresh Pear

**IT'S STUDENT
APPRECIATION DAY**

Free Oatmeal Cookie
with lunch!

29

Classic Cheese Pizza



Or

Pepperoni Pizza
cheese pizza topped with
pepperoni
Red Pepper Strips
Caesar Salad
Fresh Green Grapes
Apple Slices

30

Homemade Pasta &
Meatballs

Cucumber Coins
Garbanzo Beans
Fresh Banana
Fresh Pear

31

Crispy Chicken
Sandwich

Steamed Broccoli
Fresh Baby Carrots
Fresh Banana
Fresh Orange



Whitsons offers a variety of options for students
with documented food allergies and special dietary
needs. Our goal is to enable children with food
allergies and sensitivities to be free to enjoy great
tasting, safe and healthy
foods in the school lunch-
room. Visit www.whitsons.com
or scan our QR code for
more information.



**ALL LUNCHES INCLUDE
PROTEIN, GRAIN, FRESH
FRUIT, VEGETABLE &
CHOICE OF MILK:
1% OR FAT FREE
CHOCOLATE
LUNCH \$2.85
REDUCED .40
PLEASE MAKE CHECK**



*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 prices subject to change without notice. All day long! Please note that this menu is subject to change without notice.