



# Welcome to our Lunch Cafe

## Morris Frelinghuysen Middle School

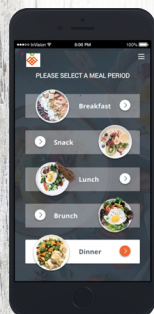
**May**  
**2021**

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 Cheeseburger Oven Baked Fries Fresh Apple Fat Free Chocolate Milk	4 Baked Chicken Tenders Dinner Rolls Baby Carrots Fresh Pear Fat Free Chocolate Milk	5 Mozzarella Sticks Dinner Rolls Grape Tomatoes Celery Fresh Orange Fat Free Chocolate Milk	6 Beef Hot Dog on Bun Side of Beans Fresh Green Grapes Yellow Mustard Fat Free Chocolate Milk	7 Classic Cheese Pizza  Tomatoes Lettuce Fresh Apple Ranch Dressing Fat Free Chocolate Milk
10 Cheeseburger Oven Baked Fries Ketchup Fresh Apple Fat Free Chocolate Milk	11 Chicken Nuggets Dinner Roll Shredded Carrots Fresh Pear Fat Free Chocolate Milk	12 Mozzarella Sticks Tomatoes Celery Sticks Fresh Orange Fat Free Chocolate Milk	13 Whole Grain Pancakes with Sausage Syrup Side of Beans Fresh Green Grapes Fat Free Chocolate Milk	14 Classic Cheese Pizza  Tomatoes Lettuce Fresh Apple Ranch Dressing Fat Free Chocolate Milk
17 Cheeseburger Oven Baked Fries Cucumber Coins Fresh Apple Fat Free Chocolate Milk Ketchup	18 Spicy Chicken Sandwich Shredded Carrots Fresh Pear Fat Free Chocolate Milk	19 Egg and Cheese Sandwich Tomatoes Celery Sticks Fresh Orange Fat Free Chocolate Milk	20 Beef Hot Dog on Bun Side of Beans Fresh Green Grapes Yellow Mustard Fat Free Chocolate Milk	21 Classic Cheese Pizza  Lettuce Tomatoes Fresh Apple Fat Free Chocolate Milk
24 Mozzarella Sticks Corn Fresh Apple Fat Free Chocolate Milk	25 Crispy Popcorn Chicken Dinner Roll Shredded Carrots Fresh Pear Fat Free Chocolate Milk	26 Whole Grain Pancakes with Sausage Tomatoes Fresh Orange Fat Free Chocolate Milk	27 Baked Chicken Tenders Dinner Roll Side of Beans Fresh Green Grapes Fat Free Chocolate Milk	28 Classic Cheese Pizza  Fresh Apple Lettuce Tomatoes Ranch Dressing Fat Free Chocolate Milk

## HARVEST of the MONTH

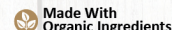
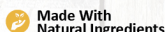
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



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 CONTAIN  
PROTEIN, GRAIN,  
VEGGIES, FRUIT AND FAT  
FREE MILK



\*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.

GRAB AND GO LUNCH AVAILABLE AND SENT HOME DAILY @ NO CHARGE FOR ALL STUDENTS  
VIRTUAL STUDENTS CAN PICK UP BREAKFAST AND LUNCH @ MORRIS HIGH SCHOOL: Mon-Wed-Fri

8:00-9:00am or 11:30-12:30pm  
Friday includes weekend meals

Questions: John Obrien, FSD 973-292-2000 ext 2111 or email [John.Obrien@msdk12.net](mailto:John.Obrien@msdk12.net)