

# Welcome to our Breakfast Cafe

## Morris School District Elementary

**October**  
2020

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**FUEL YOUR DAY THE RIGHT WAY.  
EAT A HEALTHY BREAKFAST!**



5 Golden Grahams  
Graham Crackers  
Fresh Apple  
100% Orange Juice  
Blend

6 WG Donut Bites  
100% Apple Juice  
Fresh Pear  
1% Milk

7 Apple Cinnamon  
Cheerios  
Fresh Apple  
100% Orange Juice  
Blend  
1% Milk

1 Golden Grahams  
Fresh Pear  
100% Apple Juice

2 Reduced Sugar Froot  
Loops  
Fresh Apple  
100% Orange Juice  
Blend  
1% Milk

12 Golden Grahams  
Fresh Apple  
100% Orange Juice  
Blend  
1% Milk

13 WG Banana Muffin  
100% Apple Juice  
Fresh Nectarine  
1% Milk

14 Red. Sugar Apple  
Jacks  
Fresh Pear  
100% Orange Juice  
Blend  
1% Milk

15 WG Chocolate Chip  
Muffin  
100% Apple Juice  
Fresh Orange  
1% Milk

16 Rice Krispies  
100% Apple Juice  
Fresh Apple  
1% Milk

19 Strawberry Nutri-  
Grain Bar  
100% Apple Juice  
Fresh Pear  
1% Milk

20 WG Banana Muffin  
Fresh Orange  
100% Apple Juice  
1% Milk

21 Apple Cinnamon  
Cheerios  
Fresh Pear  
100% Orange Juice  
Blend  
1% Milk

22 WG Chocolate Chip  
Muffin  
Fresh Orange  
100% Apple Juice  
1% Milk

23 Rice Krispies  
Fresh Apple  
100% Orange Juice  
Blend  
1% Milk

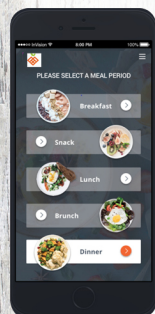
26 Golden Grahams  
100% Orange Juice

27 WG Banana Muffin  
Fresh Peaches  
100% Apple Juice  
1% Milk

28 Strawberry Nutri-  
Grain Bar  
Apple Slices  
100% Orange Juice  
Blend  
1% Milk

29 WG Chocolate Chip  
Muffin  
100% Apple Juice  
Fresh Orange  
1% Milk

30 Rice Krispies  
100% Apple Juice  
Fresh Apple  
1% Milk



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 Breakfast Includes Grain, Fresh Fruit, 100% Fruit Juice & 1% milk  
THERE IS NO CHARGE FOR BREAKFAST AT THIS TIME PLEASE LET YOUR TEACHER KNOW IF YOU WOULD LIKE TO TAKE HOME BREAKFAST

**GRAB & GO BREAKFAST AVAILABLE AND SENT HOME DAILY W/ LUNCH@ NO CHARGE FOR ALL STUDENTS**  
**VIRTUAL STUDENTS CAN PICK UP BREAKFAST AND LUNCH AT THE FOLLOWING LOCATIONS**  
**MONDAY & THURSDAY @**  
**Morris High School: 3:00-3:30**  
**Thursday pick up includes weekend meals**

