

Welcome to our Lunch Cafe at...

Morris School District Elementary

November 2019

Monday

Tuesday

Wednesday

Thursday

Friday

HARVEST of the MONTH

Whitson's proudly supports clean, sustainable agriculture! Focus on using ingredients that are locally sourced, all natural, organic and non-GMO whenever possible.

MEATLESS MONDAY



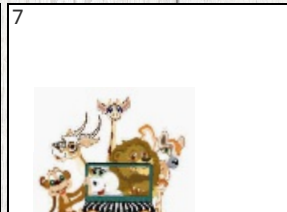
WHITSON'S
School Nutrition

- 1 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
- ✓ Spaghetti Sauce
Broccoli
Fresh Baby Carrots
Cucumber Coins
Fresh Grapes
Fresh Banana

- 4 Grilled Cheese Sandwich
✓
Or
Baked Chicken Tenders
Dinner Roll
Sweet Corn
Celery
Fresh Apple
Fresh Orange

- 5

- 6 Classic Cheese Pizza ✓
Or
Pepperoni Pizza
cheese pizza topped with pepperoni
Red Pepper Strips
Caesar Salad
Fresh Grapes
Fresh Pear



- 8

- MEATLESS MONDAY**
Grilled Cheese Sandwich
✓
Or
Cheeseburger
Celery
Fresh Orange
Apple Slices

- 12 BBQ Chicken Sandwich
Glazed Carrots
Cucumber Coins
Fresh Nectarine
Fresh Apple



Lucky Tray Day

- 13 Classic Cheese Pizza ✓
Or
Pepperoni Pizza
cheese pizza topped with pepperoni
Red Pepper Strips
Caesar Salad
Fresh Grapes
Fresh Pear

- 14 Turkey Hot Dog on Bun
Baked Beans
Fresh Baby Carrots
Fresh Banana
Fresh Strawberries

- 15 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

- MEATLESS MONDAY**
Grilled Cheese Sandwich
✓
Or
Roasted Chicken
Drumstick
chicken drumstick roasted to perfection in the oven
Dinner Roll
Crispy Potato Puffs
Fresh Baby Carrots
Fresh Pear
Fresh Orange

- 19 Whole Grain Pancakes with Sausage
light and fluffy pancakes served with a sausage patty
Sweet Potato Fries
Cucumber Coins
Fresh Nectarine
Fresh Pear
Apple Slices

IT'S BRUNCH FOR LUNCH!

- 20 Classic Cheese Pizza ✓
Fresh Baby Carrots
Caesar Salad
Fresh Grapes
Cinnamon Apple Slices
- PIZZA PARADE**
Choose a healthy Veggie to top your pizza

- 21 Roasted Turkey with Gravy
Fluffy Mashed Potatoes
Dinner Rolls
Caesar Salad
Cucumber Coins
Fresh Banana
Fresh Orange

- 22 Cheesy Stuffed Bread Sticks ✓
Spaghetti Sauce
Spinach Salad
Cinnamon & Honey
Roasted Beans
Fresh Pear
Fresh Banana
- Try a new veggie**

- MEATLESS MONDAY**
Grilled Cheese Sandwich
✓
Or
Baked Chicken Tenders
Dinner Roll
Sweet Corn
Celery
Fresh Apple
Fresh Orange

- 26 Cheeseburger
burger topped with cheese on a freshly toasted bun
Sweet Potato Fries
Cucumber Coins
Fresh Nectarine
Fresh Pear

- 27 Classic Cheese Pizza ✓
Or
Pepperoni Pizza
cheese pizza topped with pepperoni
Red Pepper Strips
Caesar Salad
Fresh Green Grapes
Apple Slices



- 29



We are Simply Rooted® in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options.



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 🐷 PORK 🌱 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.