

# Welcome to our Lunch Cafe at... Morris School District Elementary

**February**  
2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Grilled Cheese Sandwich Or Baked Chicken Tenders Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	<b>4</b> Whole Grain Pancakes with Sausage <i>light and fluffy pancakes served with a sausage patty</i> Sweet Potato Fries Cucumber Coins Fresh Pear Fresh Orange	<b>5</b> Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Fresh Baby Carrots Caesar Salad Fresh Grapes Fresh Pear	<b>6</b> Chicken Fajita Mexican Style Rice Black Beans Fresh Banana Fresh Orange	<b>7</b> 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
<b>10</b> Grilled Cheese Sandwich Or Crispy Chicken Drumstick Crispy Potato Puffs Dinner Roll Celery Fresh Apple Fresh Orange	<b>11</b> Belgium Waffle Bites Turkey Sausage Patty Sweet Potato Fries Cucumber Coins Fresh Pear Fresh Orange 	<b>12</b> Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Pear Fresh Apple	<b>13</b> Homemade Pasta & Meatballs Chickpea Salad Cucumber Coins Fresh Grapes Fresh Banana 	<b>14</b> Cheesy Stuffed Bread Sticks Spaghetti Sauce Side Garden Salad Fresh Baby Carrots Paradise Punch 100% Juice Fresh Apple <i>Valentine Dessert</i> 
<b>17</b> Grilled Cheese Sandwich Or Baked Chicken Tenders Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	<b>18</b> 	<b>19</b> Classic Cheese Pizza Or Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Red Pepper Strips Caesar Salad Fresh Grapes Fresh Pear	<b>20</b> Turkey Hot Dog Bun Baked Beans Fresh Baby Carrots Apple Slices Fresh Banana <b>LUCKY TRAY DAY</b>	<b>21</b> 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
<b>24</b> Grilled Cheese Sandwich Or Baked Chicken Tenders Dinner Roll Sweet Corn Celery Fresh Apple Fresh Orange	<b>25</b> Whole Grain Pancakes with Sausage <i>light and fluffy pancakes served with a sausage patty</i> Sweet Potato Fries Cucumber Coins Fresh Pear Apple Slices	<b>26</b> Classic Cheese Pizza Fresh Baby Carrots Caesar Salad Fresh Apple Fresh Grapes <b>PIZZA PARADE</b> <i>Choose a healthy Veggie to top your pizza</i>	<b>27</b> Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Chickpea Salad Fiesta Corn Fresh Banana Fresh Orange	<b>28</b> Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Spaghetti Sauce Fresh Rainbow Baby Carrots Spinach Salad Fresh Pear Fresh Banana



**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.

**DAILY HOT MENU ALTERNATE**

MON: GRILLED CHEESE SANDWICH TUES: EGG & CHEESE

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

At Whitsons, we are committed to supporting local farmers by sourcing fruits and vegetables locally whenever available and in season. That makes our produce fresher, tastier and better for our customers, while helping to conserve the earth's resources, one meal at a time.



Vegetarian



Made With Natural Ingredients



Pork



Smart Choice



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.