Welcome to our Breakfast Cafe

WHITSONS School Nutrition

Morris Frelinghuysen Middle School

September 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year.
Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.
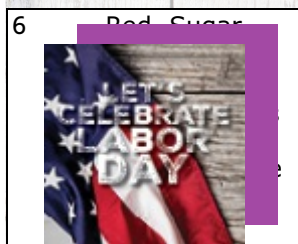
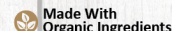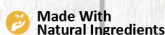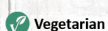| Monday	Tuesday	Wednesday	Thursday	Friday
FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!		**1** WG Blueberry Muffin WELCOME BACK TO SCHOOL!	**2** START YOUR DAY THE HEALTHY WAY! HAVE A NUTRITIOUS BREAKFAST!	**3** Fruity Cheerios Cereal BE A STAR with School Breakfast
6 Red. Sugar LET'S CELEBRATE LABOR DAY	**7**	**8**	**9** Red. Sugar Froot Loops Cereal ✔ Graham Crackers Fresh Pear 100% Orange Juice Blend 1% Milk	**10** Plain Bagel ✔ Margarine 100% Apple Juice Fresh Orange 1% Milk
13 Fruity Cheerios Cereal ✔ Fresh Orange 100% Apple Juice 1% Milk	**14** WW Bagel ✔ Margarine Plums 100% Fruit Punch Juice 1% Milk	**15** WG Banana Muffin ✔ 100% Apple Juice Fresh Orange 1% Milk	**16**	**17** Strawberry Nutri-Grain Bar ✔ Graham Crackers 100% Apple Juice Fresh Orange 1% Milk
20 Reduced Sugar Frosted Flakes ✔ Graham Crackers Fresh Orange 100% Apple Juice 1% Milk	**21** Strawberry Nutri-Grain Bar ✔ Graham Crackers Plums 100% Fruit Punch Juice 1% Milk	**22** WG Chocolate Chip Muffin ✔ 100% Apple Juice Fresh Orange 1% Milk	**23** Red. Sugar Apple Jacks Cereal ✔ Graham Crackers 100% Orange Juice Blend Fresh Pear 1% Milk	**24** Apple Cinnamon Muffin ✔ 100% Apple Juice Fresh Orange 1% Milk
27 Red. Sugar Apple Jacks Cereal ✔ 100% Apple Juice Fresh Apple 1% Milk	**28** Plain Bagel ✔ Margarine 100% Apple Cherry Juice Fresh Orange 1% Milk	**29** WG Banana Muffin ✔ 100% Apple Juice Fresh Orange 1% Milk	**30** Red. Sugar Apple Jacks Cereal ✔ Graham Crackers 100% Orange Juice Blend Fresh Pear 1% Milk	
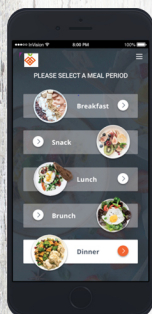
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

All Breakfasts contain Grain, Fresh Fruit, 100% Fruit Juice and Choice of Fat Free or 1% Milk

BREAKFAST AVAILABLE DAILY @ NO CHARGE FOR ALL STUDENTS

✔ Vegetarian | Made With Natural Ingredients | P Pork | Smart Choice | Made With Organic Ingredients