

Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

9/1/2021 - 9/3/2021







Monday

Tuesday

Wednesday

Thursday

Friday

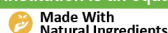
					
					
					
					
					
					



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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.



Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

9/6/2021 - 9/10/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

ALL LUNCHES ARE FREE TO ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY !

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

DAILY
SPECIAL

DAILY
SPECIAL

Side of Beans
side of beans cooked to
tender perfection
Garden Salad
Fresh Pear

Garden Salad
Shredded Carrots
Watermelon Cup

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

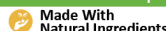
ASSORTED
FRUITS
AVAILABLE DAILY
ASSORTED
CONDIMENTS



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Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

9/13/2021 - 9/17/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Oven Baked Fries

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

ALL LUNCHES ARE FREE FOR ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY!

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Steamed Corn
Fresh Green Grapes

Shredded Carrots
Fresh Orange

Celery
Shredded Carrots
Fresh Apple

Side Garden Salad
fresh lettuce and tomato
salad
Honeydew and
Cantaloupe Cup

Ham & Cheese
Sandwich 
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich 
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich 
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich 
Turkey & Cheese
Sandwich

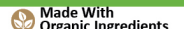
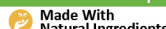
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AVAILABLE DAILY
ASSORTED
CONDIMENTS**



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Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

9/20/2021 - 9/24/2021

Monday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Oven Baked Fries

Tuesday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Wednesday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Thursday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Friday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries



LUNCHES ARE FREE FOR ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY



Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese



Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house



DAILY
SPECIAL

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SPECIAL

DAILY
SPECIAL

DAILY
SPECIAL

DAILY
SPECIAL



Steamed Corn
Fresh Green Grapes

Shredded Carrots
Fresh Orange

Shredded Carrots
Cucumber Coins
Sauteed Cinnamon
Apple Slices

Side of Beans
side of beans cooked to
tender perfection
Fresh Banana

Garden Salad
Fresh Green Grapes



Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich



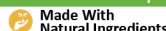
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Morris Frelinghuysen Middle School

*Welcome to our
Lunch Cafe*

9/27/2021 - 9/30/2021

Monday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Oven Baked Fries

Tuesday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Wednesday

Classic Beef Burger
Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries

Thursday

Cheeseburger
Classic Beef Burger
Beef Hot Dog on Bun
Oven Baked Fries

Friday



LUNCHES ARE FREE FOR ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY!



Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese

Classic Cheese Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese



Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house



DAILY
SPECIAL

DAILY
SPECIAL

DAILY
SPECIAL

DAILY
SPECIAL



Steamed Corn
Fresh Red Delicious
Apple

Shredded Carrots
Fresh Orange

Celery Sticks
Shredded Carrots
Fresh Apple

Side of Beans
side of beans cooked to
tender perfection
Fresh Green Grapes



Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich



**ASSORTED FRUITS
AVAILABLE DAILY
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CONDIMENTS
AVAILABLE DAILY**



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