



Welcome to our Breakfast Cafe

Morris School District Elementary

October 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 EAT A HEALTHY BREAKFAST



1 Red. Sugar Froot Loops Cereal ✓
 Fresh Apple
 Graham Crackers
 100% Orange Juice Blend
 1% Milk

4 Golden Grahams Cereal ✓
 Graham Crackers
 Fresh Apple
 100% Orange Juice Blend

5 WG Banana Muffin ✓
 100% Apple Juice
 Fresh Pear

6 Apple Cinnamon Cheerios Cereal ✓
 Graham Crackers
 Fresh Apple
 100% Orange Juice Blend

7 WG Chocolate Chip Muffin ✓
 100% Apple Juice
 Fresh Pear

8 Strawberry Nutri-Grain Bar ✓
 Graham Crackers
 Fresh Apple
 100% Orange Juice Blend

11 Golden Grahams Cereal ✓
 Graham Crackers
 Fresh Apple
 100% Orange Juice Blend

12 WG Banana Muffin ✓
 Fresh Orange
 100% Apple Juice

13 Red. Sugar Apple Jacks Cereal ✓
 Graham Crackers
 Fresh Pear
 100% Orange Juice Blend

14 WG Chocolate Chip Muffin ✓
 100% Apple Juice
 Fresh Pear

15 Rice Krispies Cereal ✓
 Graham Crackers
 Fresh Apple
 100% Orange Juice Blend

18 Strawberry Nutri-Grain Bar ✓
 Graham Crackers
 100% Apple Juice
 Fresh Pear

19 WG Banana Muffin ✓
 Fresh Orange
 100% Apple Juice

20 Apple Cinnamon Cheerios Cereal ✓
 Graham Crackers
 Fresh Pear
 100% Orange Juice Blend

21 WG Chocolate Chip Muffin ✓
 Fresh Orange
 100% Apple Juice

22 Red. Sugar Froot Loops Cereal ✓
 Graham Crackers
 Fresh Apple
 100% Orange Juice Blend

25 Golden Grahams Cereal ✓
 Graham Crackers
 Fresh Apple
 100% Orange Juice Blend

26 WG Banana Muffin ✓
 100% Apple Juice
 Plums

27 Red. Sugar Apple Jacks Cereal ✓
 Graham Crackers
 Fresh Pear
 100% Orange Juice Blend

28 WG Chocolate Chip Muffin ✓
 100% Apple Juice
 Fresh Orange

29 Strawberry Nutri-Grain Bar ✓
 Graham Crackers
 Fresh Apple
 Orange 100% Juice



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.

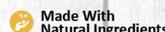


All Breakfast Includes Grain, Fresh Fruit, 100% Fruit Juice & Choice of Fat Free Milk or 1% Milk

CLASSROOM BREAKFAST IS AVAILABLE DAILY AND FREE FOR ALL STUDENTS PLEASE LET YOUR TEACHER KNOW IF YOU WOULD LIKE TO EAT BREAKFAST!

If you have any questions or would like additional information regarding the menu please contact Linda Ladolcetta @ 973-292-

2000 ext 2111 or email Linda.Ladolcetta@msd.k12.net



*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.