

Morris Frelinghuysen Middle School

Welcome to our Lunch Cafe

10/1/2021 - 10/1/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Cheeseburger
burger topped with
cheese on a freshly
toasted bun
Classic Beef Burger
Beef Hot Dog on Bun
Oven Baked Fries

LUNCHES ARE FREE TO ALL STUDENTS



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



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house



Garden Salad
Cucumber Coins
Fresh Red Delicious
Apple
Fresh Banana



Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped



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.



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- Vegetarian
- Made With Natural Ingredients
- Pork
- Smart Choice
- Made With Organic Ingredients

Morris Frelinghuysen Middle School

Welcome to our
Lunch Cafe

10/4/2021 - 10/8/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Cheeseburger
burger topped with
cheese on a freshly
toasted bun
Classic Beef Burger
Beef Hot Dog on Bun
Oven Baked Fries

Cheeseburger
burger topped with
cheese on a freshly
toasted bun
Classic Beef Burger
Beef Hot Dog on Bun
Oven Baked Fries

Classic Beef Burger
beef burger on a freshly
toasted bun
Cheeseburger
Beef Hot Dog on Bun

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
Meatball Pizza

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



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house



Garden Salad
Celery
Fresh Red Delicious
Apple
Fresh Green Grapes

Shredded Carrots
Fresh Pear

Garden Salad
Cucumber Coins
Fresh Pear
Sauteed Cinnamon
Apple Slices

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
Chicken Delight Wrap

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich
Chicken Delight Wrap

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich
Chicken Delight Wrap



ASSORTED
FRUITS
AVAILABLE DAILY
ASSORTED
CONDIMENTS



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.



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Morris Frelinghuysen Middle School

Welcome to our Lunch Cafe

10/11/2021 - 10/15/2021

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

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

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



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house



Steamed Corn
Fresh Green Grapes

Shredded Carrots
Fresh Orange

Celery
Shredded Carrots
Fresh Apple

Garden Salad
Sriracha Garbanzo
Beans
Fresh Banana
Fresh Pear

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



Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped



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Morris Frelinghuysen Middle School

Welcome to our Lunch Cafe

10/18/2021 - 10/22/2021

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

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



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house



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 **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped



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Morris Frelinghuysen Middle School

Welcome to our
Lunch Cafe

10/25/2021 - 10/29/2021

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

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

Cheeseburger
Classic Beef Burger
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



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house



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

Lettuce
Fresh Green Grapes



Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped

Ham & Cheese
Sandwich **P**
Turkey & Cheese
Sandwich
Chicken Delight Wrap
tender chicken and
melted cheese wrapped



ASSORTED FRUITS
AVAILABLE DAILY
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CONDIMENTS
AVAILABLE DAILY



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