



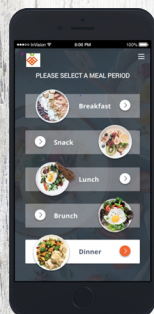
# Welcome to our Breakfast Cafe

## Morris Frelinghuysen Middle School

**November 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
1 Red. Sugar Apple Jacks Cereal 100% Apple Juice Fresh Apple 1% Milk	2	3 WG Banana Muffin 100% Apple Juice Fresh Orange 1% Milk	4	5
8 Red. Sugar Cinnamon Toast Cereal Graham Crackers Fresh Orange 100% Apple Juice 1% Milk	9 Strawberry Nutri-Grain Bar Graham Crackers Plums 100% Fruit Punch Juice 1% Milk	10 WG Chocolate Chip Muffin 100% Apple Juice Fresh Orange 1% Milk	11 Red. Sugar Froot Loops Cereal Graham Crackers Fresh Pear 100% Orange Juice Blend 1% Milk	12 Plain Bagel Margarine 100% Apple Juice Fresh Orange 1% Milk
15 Fruity Cheerios Cereal Graham Crackers Fresh Orange 100% Apple Juice 1% Milk	16 Bagel with Butter Plums 100% Fruit Punch Juice 1% Milk	17 WG Banana Muffin 100% Apple Juice Fresh Orange 1% Milk	18 Cocoa Puffs Cereal Bar Graham Crackers Fresh Pear 100% Orange Juice Blend 1% Milk	19 Strawberry Nutri-Grain Bar Graham Crackers 100% Apple Juice Fresh Orange 1% Milk
22 Reduced Sugar Frosted Flakes Graham Crackers Fresh Orange 100% Apple Juice 1% Milk	23 Strawberry Nutri-Grain Bar Graham Crackers Plums 100% Fruit Punch Juice 1% Milk	24 WG Chocolate Chip Muffin 100% Apple Juice Fresh Orange 1% Milk	25	26
29 Red. Sugar Apple Jacks Cereal 100% Apple Juice Fresh Apple 1% Milk	30 Plain Bagel Margarine 100% Apple Cherry Juice Fresh Orange 1% Milk			



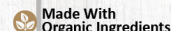
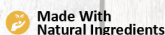
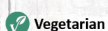
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



**FUEL YOUR DAY THE RIGHT WAY.  
EAT A HEALTHY BREAKFAST!**



**All Breakfasts BREAKFAST AVAILABLE DAILY  
contain Grain, @ NO CHARGE FOR ALL  
Fresh Fruit, 100% STUDENTS  
Fruit Juice and  
Choice of Fat Free  
or 1% Milk**



\*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.