

# Morris Frelinghuysen Middle School

*Welcome to our  
Lunch Cafe*

11/1/2021 - 11/5/2021

**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

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

LUNCHES ARE FREE TO ALL STUDENTS



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



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



Garden Salad  
Celery  
Fresh Red Delicious  
Apple  
Fresh Green Grapes

Garden Salad  
Cucumber Coins  
Fresh Pear  
Sauteed Cinnamon  
Apple Slices



Ham & Cheese  
Sandwich   
Turkey & Cheese  
Sandwich  
Chicken Delight Wrap

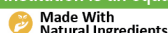
Ham & Cheese  
Sandwich   
Turkey & Cheese  
Sandwich  
Chicken Delight Wrap  
tender chicken and  
melted cheese wrapped



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](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.



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# Morris Frelinghuysen Middle School

*Welcome to our  
Lunch Cafe*

11/8/2021 - 11/12/2021

## Monday

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

## Tuesday

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

## Wednesday

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


## 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


**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

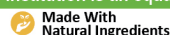
**ASSORTED  
FRUITS  
AVAILABLE DAILY  
ASSORTED  
CONDIMENTS**



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# Morris Frelinghuysen Middle School

*Welcome to our  
Lunch Cafe*

11/15/2021 - 11/19/2021

## 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

**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 spicy breaded  
chicken on a bun  
prepared in-house

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

Crispy Chicken  
Sandwich  
warm spicy 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

Garden Salad  
Sriracha Garbanzo  
Beans  
Fresh Banana  
Fresh Pear

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

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

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

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

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

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

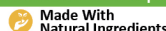
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AVAILABLE DAILY  
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CONDIMENTS**



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# Morris Frelinghuysen Middle School

Welcome to our  
Lunch Cafe

11/22/2021 - 11/26/2021

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

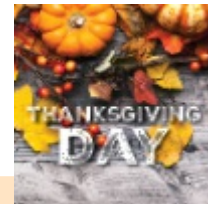


**LUNCHES ARE FREE FOR ALL STUDENTS! LUNCHES ARE PREPACKED FOR FOOD SAFETY!**

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



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



Steamed Corn  
Fresh Green Grapes

Shredded Carrots  
Fresh Orange

Shredded Carrots  
Cucumber Coins  
Sauteed Cinnamon  
Apple Slices



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

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

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



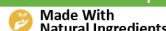
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# Morris Frelinghuysen Middle School

*Welcome to our  
Lunch Cafe*

11/29/2021 - 11/30/2021

**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



**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



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



Steamed Corn  
Fresh Red Delicious  
Apple

Shredded Carrots  
Fresh Orange



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

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



**ASSORTED FRUITS  
AVAILABLE DAILY  
ASSORTED  
CONDIMENTS  
AVAILABLE DAILY**



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