



# Welcome to our Breakfast Cafe

## Morris Frelinghuysen Middle School

# January 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 WG Banana Muffin ✓ 100% Apple Juice Fresh Orange 1% Milk	6 Cocoa Puffs Cereal Bar Graham Crackers Fresh Pear 100% Orange Juice Blend 1% Milk	7 Fruity Cheerios Cereal ✓ Graham Crackers 100% Apple Juice Fresh Orange
10 Red. Sugar Cinnamon Toast Crunch Cereal ✓ Graham Crackers Fresh Orange 100% Apple Juice 1% Milk	11 Strawberry Nutri-Grain Bar ✓ Graham Crackers Plums 100% Fruit Punch Juice 1% Milk	12 WG Chocolate Chip Muffin ✓ 100% Apple Juice Fresh Orange 1% Milk	13 Red. Sugar Froot Loops Cereal ✓ Graham Crackers Fresh Pear 100% Orange Juice Blend 1% Milk	14 Plain Bagel ✓ Margarine 100% Apple Juice Fresh Orange 1% Milk
17 Fruity Cheerios Cereal ✓ Graham Crackers Fresh Orange 100% Apple Juice 1% Milk	18 Bagel with Butter ✓ Plums 100% Fruit Punch Juice 1% Milk	19 WG Banana Muffin ✓ 100% Apple Juice Fresh Orange 1% Milk	20 Cocoa Puffs Cereal Bar Graham Crackers Fresh Pear 100% Orange Juice Blend 1% Milk	21 Strawberry Nutri-Grain Bar ✓ Graham Crackers 100% Apple Juice Fresh Orange 1% Milk
24 Reduced Sugar Frosted Flakes ✓ Graham Crackers Fresh Orange 100% Apple Juice 1% Milk	25 Strawberry Nutri-Grain Bar ✓ Graham Crackers Plums 100% Fruit Punch Juice 1% Milk	26 WG Chocolate Chip Muffin ✓ 100% Apple Juice Fresh Orange 1% Milk	27 Red. Sugar Apple Jacks Cereal ✓ Graham Crackers 100% Orange Juice Blend Fresh Pear 1% Milk	28 Apple Cinnamon Muffin ✓ 100% Apple Juice Fresh Orange 1% Milk
31 Red. Sugar Apple Jacks Cereal ✓ 100% Apple Juice Fresh Apple 1% Milk	<div data-bbox="347 1442 1130 1591" data-label="Text"><h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2></div> <div data-bbox="701 1449 906 1654" data-label="Image"></div> <div data-bbox="1159 1407 1531 1671" data-label="Image"></div>			

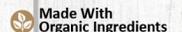
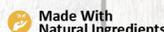


Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



*All Breakfasts contain Grain, Fresh Fruit, 100% Fruit Juice and Choice of Fat Free or 1% Milk*

**BREAKFAST AVAILABLE DAILY @ NO CHARGE FOR ALL STUDENTS**



\*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.