



Welcome to our Breakfast Cafe

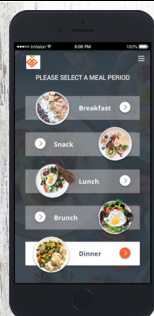
Morris Frelinghuysen Middle School

May
2021

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Reduced Sugar Frosted Flakes Graham Crackers Fresh Apple Apple Cherry 100% Juice 1% Milk	4 Plain Bagel Margarine Fresh Orange 100% Juice Fruit Punch 1% Milk	5 WG Blueberry Muffin Fresh Pear 100% Orange Juice Blend 1% Milk Fat Free Chocolate Milk	6 Cocoa Puffs Cereal Bar Graham Crackers 100% Orange Juice Blend Fresh Pear 1% Milk	7 WG Banana Muffin 100% Apple Juice Fresh Orange 1% Milk
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% Juice Fruit Punch 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 Fresh Orange 100% Apple Juice 1% Milk	18 WW Bagel Margarine Plums 100% Juice Fruit Punch 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 1% Milk	25 Strawberry Nutri-Grain Bar Graham Crackers Plums 100% Juice Fruit Punch 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

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



We are 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.

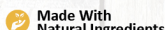


All Breakfasts contain Grain, Fresh Fruit, 100% Fruit Juice and 1% Milk

GRAB & GO BREAKFAST AVAILABLE AND SENT HOME DAILY W/LUNCH @ NO CHARGE FOR ALL STUDENTS

VIRTUAL STUDENTS CAN PICK UP BREAKFAST AND LUNCH AT : MORRIS HIGH SCHOOL MONDAY & WEDNESDAY 8:00-9:00 OR 11:30-12:30

VIRTUAL PICK UP IS ALSO AVAILABLE WHEN SCHOOLS ARE CLOSED FOR COVID



*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.