



Welcome to our Breakfast Cafe

Morristown High 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 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Red. Sugar Apple Jacks Cereal ✓ 100% Apple Juice Fresh Banana	4 Sausage, Egg and Cheese Sandwich Plain Bagel ✓ Fruity Cheerios Cereal ✓ 100% Apple Juice Fresh Banana	5 Sausage, Egg and Cheese Sandwich Plain Bagel ✓ Margarine Red. Sugar Cinnamon Toast Crunch Cereal ✓ Orange 100% Juice Fresh Banana	6 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Golden Grahams Cereal ✓ Orange 100% Juice	7 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Rice Krispies Cereal ✓ Orange 100% Juice Fresh Pear
10 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Red. Sugar Apple Jacks Cereal ✓ 100% Apple Juice Fresh Banana	11 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Fruity Cheerios Cereal ✓ Fresh Banana Orange 100% Juice	12 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Red. Sugar Cinnamon Toast Crunch Cereal ✓ Orange 100% Juice Fresh Banana	13 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Golden Grahams Cereal ✓ Orange 100% Juice Fresh Pear	14 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Rice Krispies Cereal ✓ Orange 100% Juice
17	18 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Fruity Cheerios Cereal ✓ Orange 100% Juice Fresh Pear	19 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Red. Sugar Cinnamon Toast Crunch Cereal ✓ Orange 100% Juice Fresh Banana	20 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Golden Grahams Cereal ✓ Orange 100% Juice	21 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Rice Krispies Cereal ✓ 100% Apple Juice Fresh Pear
24 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Red. Sugar Apple Jacks Cereal ✓ Orange 100% Juice Fresh Orange	25 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Fruity Cheerios Cereal ✓ Orange 100% Juice Fresh Pear	26 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Red. Sugar Cinnamon Toast Crunch Cereal ✓ 100% Apple Juice Fresh Banana	27 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Golden Grahams Cereal ✓ Orange 100% Juice Fresh Pear	28 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Rice Krispies Cereal ✓ 100% Apple Juice Fresh Banana
31 Plain Bagel ✓ Sausage, Egg and Cheese Sandwich Red. Sugar Apple Jacks Cereal ✓ 100% Apple Juice Fresh Banana				

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



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.



Breakfast is Free for all students

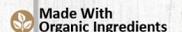
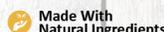
Breakfast is served in the cafe between the hours of 7:00 and 7:50

Available Daily

Fresh Bagels w/ butter or low fat cream cheese

Assorted Cereals: Cinnamon Toast Crunch, Golden Grahams, Rice Krispies, Apple Jacks. All cereals served w/ Graham Crackers

All breakfast include choice of fat free or low fat



100% fruit juice and fresh fruits

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.

