



# Welcome to our Breakfast Cafe

## Morris Frelinghuysen Middle School

**October  
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**



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



1 Fruity Cheerios Cereal ✓  
Graham Crackers  
100% Apple Juice  
Fresh Orange

4 Red. Sugar Cinnamon Toast Crunch Cereal ✓  
Graham Crackers  
Fresh Orange  
100% Apple Juice  
1% Milk

5 Strawberry Nutri-Grain Bar ✓  
Graham Crackers  
Plums  
100% Fruit Punch Juice  
1% Milk

6 WG Chocolate Chip Muffin ✓  
100% Apple Juice  
Fresh Orange  
1% Milk

7 Red. Sugar Froot Loops Cereal ✓  
Graham Crackers  
Fresh Pear  
100% Orange Juice Blend  
1% Milk

8 Plain Bagel ✓  
Margarine  
100% Apple Juice  
Fresh Orange  
1% Milk

11 Fruity Cheerios Cereal ✓  
Fresh Orange  
100% Apple Juice  
1% Milk

12 Margarine Plums  
100% Fruit Punch Juice  
1% Milk

13 WG Banana Muffin ✓  
100% Apple Juice  
Fresh Orange  
1% Milk

14 Cocoa Puffs Cereal Bar  
Graham Crackers  
Fresh Pear  
100% Orange Juice Blend  
1% Milk

15 Strawberry Nutri-Grain Bar ✓  
Graham Crackers  
100% Apple Juice  
Fresh Orange  
1% Milk

18 Reduced Sugar Frosted Flakes ✓  
Graham Crackers  
Fresh Orange  
100% Apple Juice  
1% Milk

19 Strawberry Nutri-Grain Bar ✓  
Graham Crackers  
Plums  
100% Fruit Punch Juice  
1% Milk

20 WG Chocolate Chip Muffin ✓  
100% Apple Juice  
Fresh Orange  
1% Milk

21 Red. Sugar Apple Jacks Cereal ✓  
Graham Crackers  
100% Orange Juice Blend  
Fresh Pear  
1% Milk

22 Apple Cinnamon Muffin ✓  
100% Apple Juice  
Fresh Orange  
1% Milk

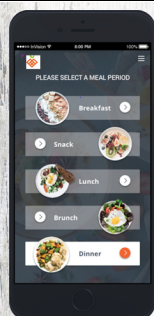
25 Red. Sugar Apple Jacks Cereal ✓  
100% Apple Juice  
Fresh Apple  
1% Milk

26 Plain Bagel ✓  
Margarine  
100% Apple Cherry Juice  
Fresh Orange  
1% Milk

27 WG Banana Muffin ✓  
100% Apple Juice  
Fresh Orange  
1% Milk

28 Red. Sugar Apple Jacks Cereal ✓  
Graham Crackers  
100% Orange Juice Blend  
Fresh Pear  
1% Milk

29 Apple Cinnamon Muffin ✓  
100% Apple Juice  
Fresh Orange  
1% Milk



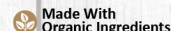
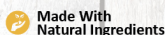
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

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.



**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.