

FD MEALPLANNER

Check out our state-of-the-art mobile menu viewing platform which brings menu planning, nutrition information, meal ingredients and real time allergen information right to the fingertips of students, parents and school district staff.

FD MEALPLANNER IS AVAILABLE IN YOUR DISTRICT!

FD MEALPLANNER provides easy access to school menu information anytime, from any mobile device or PC. Our menus are interactive, allowing you to build your own meals in order to view custom nutritional and allergen information. This feature is especially important for parents of children with food allergies and school nurses who need quick and easy access.



IN ORDER TO VIEW SPECIFIC ALLERGEN, NUTRITIONAL AND INGREDIENT INFORMATION FOR OUR CURRENT MONTHLY MENU OFFERINGS, PLEASE VISIT WWW.FDMEALPLANNER.COM OR SCAN THE QR CODE.

This user friendly menu viewing tool also allows you to build your own profile, or a profile for your entire family of students, and then save your account preferences--making future **FD MEALPLANNER** visits a breeze.

Simply visit **WWW.FDMEALPLANNER.COM** to get started, or download the **FD MEALPLANNER** app to your mobile device free of charge by visiting the App Store (for iOS devices) or Google Play (for Android devices).

FD MEALPLANNER website interface showing meal prices, allergen/dietary filters, and a grid of daily menu options for April 2019.

MEAL PRICES

- LUNCH, ELEMENTARY: \$2.75
- LUNCH, MIDDLE & HIGH SCHOOL: \$3.00
- LUNCH, REDUCED PRICE, GRADES K-3: \$0.00
- LUNCH, REDUCED PRICE, GRADES 4-12: \$0.40
- BREAKFAST, FULL PRICE, ALL GRADES: \$1.65
- BREAKFAST, REDUCED PRICE, ALL GRADES: \$0.00
- MILK (ALA CARTE): \$0.55

ALLERGEN & DIETARY

- GLUTEN FREE NATURAL
- KOSHER PARVE
- GLUTEN FREE CERT
- NATURAL
- VEGETARIAN
- KOSHER OU
- HORMONE-FREE (MEAT)
- PORK INGREDIENT
- ORGANIC
- NON-GMO
- ANTIBIOTIC-FREE
- VEGAN
- KOSHER (STAR K)
- CAGE FREE

MONDAY

- ENTREE** 1: Turkey Sandwich, Meatloaf with Gravy
- SIDE**: Mashed Potatoes, Steamed Broccoli, Side Salad, Carroteerries, Fresh Pear, Sliced Peaches
- CONDIMENT**: Balsamic Dressing, Light Italian Dressing, Light Ranch Dressing, Caesar Dressing, Natural Chipotle Ranch Dressing, Mustard, Ketchup
- BEVERAGE**: Apple 100% Juice, Apple Grape 100% Juice, 1% Milk, Fat Free Chocolate Milk

TUESDAY

- ENTREE** 2: Turkey Sandwich, Burrito
- SIDE**: Carroteerries, Side of Carrots, Cajun Maple Carrots, Side Salad, Pineapple Tidbits
- CONDIMENT**: Balsamic Dressing, Light Italian Dressing, Light Ranch Dressing, Caesar Dressing, Natural Chipotle Ranch Dressing, Mustard, Ketchup
- BEVERAGE**: Apple 100% Juice, Apple Grape 100% Juice, 1% Milk, Fat Free Chocolate Milk

WEDNESDAY

- ENTREE** 3: Turkey Sandwich, Chicken Sandwich
- SIDE**: Side Salad, Carroteerries, Sliced Peaches
- CONDIMENT**: Balsamic Dressing, Light Italian Dressing, Light Ranch Dressing, Caesar Dressing, Natural Chipotle Ranch Dressing, Mustard, Ketchup
- BEVERAGE**: Apple 100% Juice, Apple Grape 100% Juice, 1% Milk, Fat Free Chocolate Milk

THURSDAY

- ENTREE** 4: Turkey Sandwich, Salisbury steak
- SIDE**: Carroteerries, Side of Carrots, Mashed Potatoes, Side Salad, Fresh Pear, Diced Peas
- CONDIMENT**: Balsamic Dressing, Light Italian Dressing, Light Ranch Dressing, Caesar Dressing, Natural Chipotle Ranch Dressing, Mustard, Ketchup
- BEVERAGE**: Apple 100% Juice, Apple Grape 100% Juice, 1% Milk, Fat Free Chocolate Milk

FRIDAY

- ENTREE** 5: Turkey Sandwich, Mexican Lasagna
- SIDE**: Cauliflower, Carroteerries, Side Salad, Sliced Peaches, Fresh Banana
- CONDIMENT**: Balsamic Dressing, Light Italian Dressing, Light Ranch Dressing, Caesar Dressing, Natural Chipotle Ranch Dressing, Mustard, Ketchup
- BEVERAGE**: Apple 100% Juice, Apple Grape 100% Juice, 1% Milk, Fat Free Chocolate Milk

WHITSON'S School Nutrition

