



Welcome to our Lunch Cafe



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

February 2023

Monday

Tuesday

Wednesday

Thursday

Friday

MEATLESS MONDAY

Free Breakfast Currently Served Daily District Wide

6 Cheesy Stuffed Bread Sticks
Spaghetti Sauce
Turkey & Cheese Sandwich
Classic Chef Salad P
Green Beans
Diced Peaches
Fresh Apple

7 Classic Tex Mex Burrito
Turkey & Cheese Sandwich
Classic Chef Salad P
Sweet Corn
Black Beans
Apricot Cup
Fresh Orange

1 Homemade Pasta & Meatballs
Ham & Cheese Sandwich P
Salad Plate With Crispy Chicken
Carrot Dippers
Cucumber Coins
Strawberry Cup
Fresh Orange

2 Nachos Grande
Ham & Cheese Sandwich P
Salad Plate With Crispy Chicken
Black Beans
Corn
Carrot Dippers
Cinnamon Applesauce
Diced Peach Cup

3 Pepperoni Pizza P
Ham & Cheese Sandwich P
Salad Plate With Crispy Chicken
Broccoli
Garden Salad
Strawberry Cup
Fresh Orange

13 Mozzarella Sticks
Spaghetti Sauce
American Combo Sandwich P
Chicken Caesar Salad
Mixed Vegetables
Carrot Dippers
Mixed Fruit
Fresh Orange

14 Cheeseburger
American Combo Sandwich P
Chicken Caesar Salad
Sweet Potato Fries
Diced Pear Cup
Fresh Apple

15 Herb Roasted Chicken
Beans & Rice
American Combo Sandwich P
Chicken Caesar Salad
Steamed Carrots
Cucumber Coins
Diced Peach Cup
Fresh Orange

16 Fluffy Whole Grain Waffles
Syrup
Turkey Sausage Patty
American Combo Sandwich P
Chicken Caesar Salad
Crispy Potato Puffs
Cucumber Coins
Cinnamon Applesauce
Fresh Orange

17 Cheese Pizza
Or
Pepperoni Pizza P
American Combo Sandwich P
Chicken Caesar Salad
Garden Salad
Carrot Dippers
Mixed Fruit
Strawberry Cup

20
WINTER RECESS!
SCHOOL CLOSED

21
WINTER RECESS!
SCHOOL CLOSED

22
WINTER RECESS!
SCHOOL CLOSED

23
WINTER RECESS!
SCHOOL CLOSED

24
WINTER RECESS!
SCHOOL CLOSED

27 Grilled Cheese Sandwich
Turkey & Cheese Sandwich
Classic Chef Salad P
Steamed Broccoli
Cucumber Coins
Strawberry Cup
Diced Peaches

28 Chicken Nuggets
Whole Wheat Dinner Roll
Turkey & Cheese Sandwich
Classic Chef Salad P
Crispy Potato Puffs
Carrot Dippers
Diced Peaches
Fresh Orange

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all natural, organic and non-GMO whenever possible.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Pay Online: MySchoolBucks.com

Student Lunch 1.25

All lunches include choice of: Fresh veggies w/low-fat dip/ Hot Vegetable of the Day/ Tossed Salad/ Fresh or cupped fruit 100% Fruit Juice and / or 1% Milk or Fat-Free Milk and FF Chocolate Milk Free

If you have questions please call Ted Breen, Food Service Director at 914-934-7976

Whole Wheat Bagel with Yogurt and Cheese Stick Offered Daily
Please see daily menu for additional offerings

