



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



Free Breakfast for all students every day!

6 Cheesy Stuffed Bread Sticks
Spaghetti Sauce
Homemade Pasta & Meatballs
Mixed Vegetables
Cucumber Coins
Fresh Orange
Applesauce



7 Herb Roasted Chicken
Hot Pressed Cubano Sandwich
Sweet Corn
Beans & Rice
Baked Plantains
Maduros
Carrot Dippers
Diced Peach Cup
Fresh Apple

8 Veggie Express Ramen
Roasted Chicken Ramen Bowl
Steamed Broccoli
Garden Salad
Diced Pear Cup
Fresh Apple

9 Cheeseburger
Beef Hot Dog on Bun
Oven Baked Fries
Baked Beans
Diced Peach Cup
Fresh Apple

10 Yard Bird Classic Chicken Sandwich
Philly Cheese Steak
Sweet Potato Fries
Homemade Deli Style Coleslaw
ced Peaches
Fresh Apple



YARD BIRD

13 Homemade Mac & Cheese
Barbecue Rib Sandwich
Homemade Garlic Bread
Green Beans
Cucumber Coins
Diced Peach Cup
Fresh Apple



14 Crispy Tacos
Buffalo Chicken and Cheese Quesadilla
Brown Rice Pilaf
Fiesta Corn
Black Beans
Cucumber Coins
Diced Pear Cup
Fresh Apple

15 General Tso's Chicken
Brown Rice Pilaf
Vegetable Egg Roll
Cucumber Coins
Steamed Broccoli
Diced Peaches
Fresh Orange

16 Sausage, Egg and Cheese Sandwich
Cinnamon French Toast
Turkey Sausage Patty
Crispy Potato Puffs
Applesauce
Fresh Banana

BRUNCH FOR LUNCH TODAY!

17 Baked Chicken Tenders
Whole Wheat Dinner Roll
Barbecue Rib Sandwich
Sweet Potato Fries
Garden Salad
Diced Pear Cup
Fresh Orange

WINTER RECESS!
SCHOOL CLOSED

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Pasta Bar!

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27 Cheesy Stuffed Bread Sticks
Spaghetti Sauce
Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Steamed Carrots
Garden Salad
Strawberry Cup
Applesauce



28 Homemade Pasta & Meatballs
Homemade Chicken & Broccoli Alfredo
Homemade Pesto Pasta with Chicken
Whole Wheat Dinner Roll
Steamed Broccoli
Cucumber Coins

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 orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Lunch Prices

Student \$1.50

Adult Lunch \$4.91

All Student Lunches Include:

Grain, Meat / meat alternate, Assorted Fruits

and Vegetables /100 % Juice, 1% or Skim

White Milk, or FF Choc. Milk

Pay Online: MySchoolBucks.com

Daily Alternates

Cheese and Pepperoni Pizza

Made to Order Deli Bar

Made to Order Salad With Choice of Protein

Yogurt Parfait with Fruit and Granola

