



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.



February 2023

THE HUMANE SOCIETY OF THE UNITED STATES

Monday



Tuesday



Super bowl Sunday
Sunday February 12
Celebrate With Wing Special
2-9

Wednesday

- Baked potato
Turkey Taco Filling
Cheddar Cheese
Sour Cream
Garden Salad
Steamed Broccoli
Sliced Oranges
Diced Peaches
Baked Potato Bar!

Thursday

- Homemade Chicken & Broccoli Alfredo
Homemade Pasta & Meat Sauce
Homemade Pesto Pasta with Chicken
Whole Wheat Dinner Roll
Garden Salad
Steamed Broccoli

Friday

- Buffalo Chicken Mac & Cheese
Whole Wheat Dinner Roll
BBQ Pulled Pork Corn Muffin Bowl
Sweet Corn
Baked Beans
Fresh Apple
Fresh Orange

- Roasted Pepper and Cheese Panini
Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Steamed Carrots
Garden Salad
Applesauce
Fresh Orange

- Nachos Grande
Hot Pressed Cubano Sandwich
Rice
Fiesta Corn
Kidney Beans
Mixed Fruit
Sliced Oranges

- Herb Roasted Chicken
Barbecue Rib Sandwich
Beans & Rice
Veggabols Rainbow
Hummus Rice Bowl
Sweet Corn
Garden Salad
Diced Peaches
Fresh Apple

- Wing Shack Classic
Buffalo Chicken Wings
Wing Shack BBQ Style
Chicken Wings
Whole Wheat Dinner Roll
Celery
Homemade Deli Style
Coleslaw
Mixed Fruit
Fresh Orange

- Chicken Parmesan Over Pasta
Sausage Onions & Peppers Sandwich
Steamed Broccoli
Garden Salad
Diced Pear Cup
Fresh Apple

~FREE BREAKFAST FOR STUDENTS SERVED EVERY DAY

- Cheesy Stuffed Bread Sticks
Spaghetti Sauce
Philly Cheese Steak
Cucumber Coins
Sweet Potato Fries
Diced Peaches
Fresh Apple

- Herb Roasted Chicken
Whole Wheat Dinner Roll
Tuscany Griller
Veggabols Edamame & Chickpea Rice Bowl
Green Beans
Mashed Potatoes
Diced Pear Cup

- Nachos Grande
Black Beans
Sweet Corn
Yellow Rice
Fresh Apple
Diced Peach Cup



YARD BIRD
The Original Chicken Sandwich

- Yard Bird Classic
Chicken Sandwich
BBQ Pulled Pork Corn Muffin Bowl
Homemade Deli Style
Coleslaw
Garden Salad
Diced Peaches
Fresh Apple
Potato Chips

- Pasta with Meat Sauce
French Bread
Chicken Parmesan Sandwich
Roasted Lemon
Parmesan Broccoli
Carrot Dippers
Mixed Berry Cup
Fresh Apple

20
WINTER RECESS!
SCHOOL CLOSED

21
the WING shack
February 28

22
WINTER RECESS!
SCHOOL CLOSED

23
WINTER RECESS!
SCHOOL CLOSED

24
WINTER RECESS!
SCHOOL CLOSED

- Mozzarella Sticks
Spaghetti Sauce
Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Salad Mix
Sweet Corn
Mixed Berry Cup
Fresh Apple

- Wing Shack Classic
Buffalo Chicken Wings
Whole Wheat Dinner Roll
Homemade Deli Style
Coleslaw
Baby Carrots
Applesauce
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.



Lunch Prices:

\$1.50 For Students

Adult Lunch \$4.91

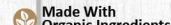
All Lunches Include Choice of:

Grain, Meat /meat alternate, assorted Fruits

and Vegetables, 100% Fruit Juice and / or

Fat-Free of 1% White Milk, FF Chocolate Milk

PAY ONLINE @ Myschoolbucks.com edients



Daily Alternates

Cheese and Pepperoni Pizza
Made to Order Deli Sandwiches on Whole Wheat Roll or
Whole Wheat Tortilla Wrap
Made to Order Salad With Choice of Protein
Hamburgers, Cheeseburgers, Chicken Sandwich
Spicy Chicken Sandwich
Yogurt Parfait with Fruit and Granola