



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

DANIEL WARREN
LUNCH SERVICE:
11:50 - 12:50PM

March 2023

Monday

Tuesday

Wednesday

Thursday

Friday

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.



6 Fluffy Whole Grain Waffles
Turkey Sausage Patty
Crispy Potato Puffs
Celery Sticks
Sliced Apples
Blueberries



7 Mozzarella Stick & Chicken Nugget Combo Meal
With Marinara Sauce Dip
Buttered Corn
Broccoli Bites
Applesauce
Fresh Orange

1 Homemade Pasta & Meatballs
Homemade Garlic Bread
Roasted Broccoli
Confetti Garbanzo Bean Salad
Mixed Berry Cup
Fresh Banana

2 Crispy Chicken Sandwich
Sweet Potato Fries
Celery
Sliced Oranges
Blueberries

3 Classic Cheese Pizza
Caesar Salad
Four Bean Salad
Strawberry Cup
Fresh Pear

13 Homemade Mac & Cheese
Whole Wheat Dinner Roll
Steamed Broccoli
Celery
Sliced Apples
Diced Peach Cup

14 Sausage and Egg Sandwich
Hash Brown Potatoes
Baby Carrots
Sliced Oranges
Mixed Berry Cup

15 Cheeseburger Or NY Beef Burger
Sweet Potato Fries
Baked Beans
Strawberry Cup
Fresh Banana

16 Crispy Chicken Sandwich
Buttered Corn
Cucumber Coins
Blueberries
Applesauce

17 French Bread Pizza
Garden Salad
Baby Carrots
Diced Peach Cup
Fresh Strawberries

20 Fluffy Whole Grain Waffles
Turkey Sausage Patty
Crispy Potato Puffs
Celery Sticks
Strawberry Cup
Sliced Apples



21 Baked Chicken Tenders
Whole Wheat Dinner Roll
Glazed Carrots
Cucumber Coins
Applesauce
Fresh Blueberries

22 Steamed Dumplings
Vegetable Fried Rice
Edamame
Fresh Banana
Fresh Pear

23 Classic Cheese Pizza
Chilled Red Pepper Strips
Carrot Sticks
Fresh Orange
Mixed Berry Cup

24 SUPERINTENDENT CONFERENCE DAY

SCHOOL CLOSED

27 Homemade Baked Pasta with Cheese
Homemade Garlic Bread
Roasted Broccoli
Garden Salad
Light Ranch Dressing
Strawberry Cup
Fresh Pear

28 Mozzarella Stick & Chicken Nugget Combo Meal
With Marinara Sauce Dip
Spiced Roasted Green Beans w/ Parmesan
Celery Sticks
Applesauce
Fresh Orange

29 Cheeseburger NY Beef Burger
Sweet Potato Fries
Cucumber Coins
Strawberry Cup
Fresh Banana

30 Crispy Chicken Sandwich
Buttered Corn
Pinto Bean Confetti Salad
Blueberries
Applesauce

31 Pizza Bagel
Caesar Salad
Baby Carrots
Strawberry Cup
Fresh Pear

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.



Students Meal Price: \$2.75 Adult Meal Price \$5.45. (tax included)

Daily Cold Alternates

Wednesdays: Yogurt Parfait with Graham Crackers

Mondays: Veggabols

Thursday: Ham & Cheese (or without Cheese)

:Hummus, Veggies, Fruit
Pretzel

Friday: Turkey & Cheese (or without Cheese)

Tuesdays: Sunbutter

100% Juice, 1%, White or Fat Free Chocolate

(Peanut free!) & Jelly

Milk, Fresh Fruit, Cupped Fruit Assorted

GF options available

condiments available

Daily Vegetarian Option: WG Bagel, Yogurt, &

String Cheese

