



Welcome to our Lunch Cafe

Timberlane Sandown Central Elementary

December 2020

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

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.

1 Turkey BLT Sandwich
Or Grilled Cheese Sandwich
Caesar Salad
Steamed Carrots
Fresh Apple
Sliced Peaches

Meal Pick up
Wednesday's
8:00am until 11:00am
At all 4 Elementary Schools

3 Baked Chicken Breast
Whole Wheat Dinner Roll
Or Crispy Chicken Sandwich
Sweet Corn
Fluffy Mashed Potatoes
Fresh Apple
Fresh Melon Cup
Diced Pear Cup

4 Cheese Pizza
Or Cheeseburger
Side Salad
Baked Beans
Mixed Fruit
Fresh Apple

7 Grilled Cheese Sandwich
Or Crispy Chicken Sandwich
Sweet Corn
Fluffy Mashed Potatoes
Fresh Apple
Fresh Melon Cup
Diced Pear Cup

8 Cheese Pizza
Or Cheeseburger
Side Salad
Baked Beans
Mixed Fruit
Fresh Apple

9

10 Soft Tacos
Or Crispy Chicken Sandwich
Mixed Fruit
Sweet Corn
Side Garden Salad
Fresh Apple

11 Cheese Pizza
Or Tuna Salad Sandwich
Oven Baked Fries
Side Salad
Ranch Flavored Hummus
Sliced Peaches
Fresh Apple

14 Mini Maple Pancakes
Crispy Pork Sausage Links
Or Crispy Chicken Sandwich
Mixed Fruit
Sweet Corn
Side Garden Salad
Fresh Apple

15 Meatball Sandwich
Or Tuna Salad Sandwich
Oven Baked Fries
Side Salad
Ranch Flavored Hummus
Sliced Peaches
Fresh Apple

16

17 Chicken with Gravy
Or Crispy Chicken Sandwich
Fluffy Mashed Potatoes
Fresh Apple
Garden Salad
Diced Pear Cup

18 Cheese Pizza
Or Cheeseburger
Caesar Salad
Cucumber Coins
Fresh Apple
Sliced Peaches

21 Chicken Nuggets
Whole Wheat Dinner Roll
Or Crispy Chicken Sandwich
Fluffy Mashed Potatoes
Fresh Apple
Garden Salad
Diced Pear Cup

22 Cheese Pizza
Or Cheeseburger
Caesar Salad
Sweet Potato Fries
Fresh Apple
Sliced Peaches

23

24

25

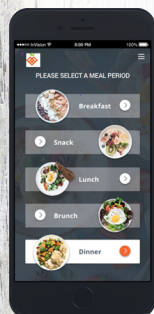
Winter Vacation No School

28

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We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Low Fat Milk .50
100% Juice .50

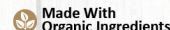
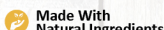
Help Wanted

Food Service Worker
Contact John Fratiello
fratielloj@whitsons.com

Also Available Daily
Bagel Lunch- Wheat Bagel, String Cheese, Organic Yogurt

Healthy Choice Salad - A bed of Lettuce, Grape Tomatoes, Cucumbers, Cheese and Whole Grain Rolls

Sunbutter & Jelly Sandwich



*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. All meals are served in an equal opportunity provider.