



Welcome to our Lunch Cafe

Timberlane Sandown Central Elementary

January 2021

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

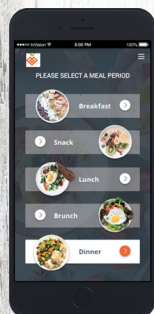
Friday

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.



4 Baked Chicken Breast With Whole Wheat Dinner Roll Or Grilled Cheese Sandwich Fluffy Mashed Potatoes Fresh Apple	5 Cheese Pizza Or Cheeseburger Baked Beans Mixed Fruit	6 Meal Pick up Wednesday's 8:00am until 11:00am At all 4 Elementary Schools	7 Soft Tacos Or Crispy Chicken Sandwich Side Garden Salad Fresh Apple	8 Cheese Pizza Or Chicken Club Sandwich Oven Baked Fries Sliced Peaches
11 Nachos Grande Or Crispy Chicken Sandwich Mixed Fruit Sweet Corn	12 Grilled Cheese Sandwich Or Chicken Club Sandwich Side Salad Fresh Apple	13	14 Chicken with Gravy Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Diced Pear Cup	15 Cheese Pizza Or Sausage, Egg and Cheese Sandwich Caesar Salad Sliced Peaches David's Chocolate Chip Cookie
18 Civil Right Day No School	19 Mini Maple Pancakes With Sausage Patty Or Cheeseburger Sweet Potato Fries Fresh Apple David's Chocolate Chip Cookie	20	21 Pasta & Meat Sauce Or Crispy Chicken Sandwich Caesar Salad Applesauce	22 Cheese Pizza Or Grilled Cheese Sandwich Baked Beans Sliced Peaches
25 Meatball Sandwich Or Crispy Chicken Sandwich Broccoli Florets Applesauce	26 Chicken Nuggets With Whole Wheat Dinner Roll Or Grilled Cheese Sandwich Side Salad Fresh Apple	27	28 Nachos Grande Or Crispy Chicken Sandwich Sweet Corn Sliced Peaches	29 Cheese Pizza Or Turkey & Cheese Sandwich Oven Baked Fries Fresh Orange



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

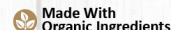
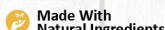
Help Wanted

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.