



Welcome to our Lunch Cafe

Timberlane Sandown Central Elementary

October 2020

Monday

Tuesday

Wednesday

Thursday

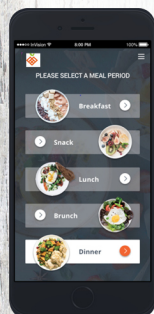
Friday

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.



5	6	7 Meal Pick up Wednesdays 8:00am until 11:00am At all 4 Elementary Schools	8 1 Roasted Turkey with Gravy Dinner Rolls Or Crispy Chicken Sandwich Garden Salad Fresh Apple Fluffy Mashed Potatoes Diced Pear Cup Cranberry Sauce	9 2 Cheese Pizza 🍕 Or Cheeseburger Fresh Baby Carrots Side Salad Baked Beans Mixed Fruit Fresh Apple
12	13	14	15 Nachos Grande Or Crispy Chicken Sandwich Mixed Fruit Sweet Corn Side Garden Salad Fresh Apple	16 3 Cheese Pizza 🍕 Or Fish Patty Melt Sandwich Confetti Garbanzo Bean Salad Fresh Baby Carrots Side Salad Sliced Peaches
19	20	21	22 Chicken with Gravy Whole Wheat Dinner Roll Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Fresh Apple Garden Salad Diced Pear Cup Cranberry Sauce	23 4 Cheese Pizza 🍕 Or Bacon Cheeseburger Caesar Salad Fresh Baby Carrots Sliced Peaches Fresh Melon Cup
26	27	28	29 Pasta & Meat Sauce 🍝 Or Crispy Chicken Sandwich Caesar Salad Confetti Garbanzo Bean Salad Broccoli Florets Applesauce Fresh Banana	30 5 Cheese Pizza 🍕 Or Tuna Salad Sandwich Fresh Baby Carrots Side Salad Sliced Peaches Fresh Orange
			31 Soft Tacos 🌮 With Brown Rice Or Crispy Chicken Sandwich Sweet Corn Mixed Fruit Side Garden Salad Fresh Orange	32 6 Cheese Pizza 🍕 Or Turkey & Cheese Sandwich Fresh Baby Carrots Side Salad Mixed Fruit Fresh Apple



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.



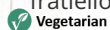
Lunch Prices:
\$2.60

Reduced Lunch .40
Low Fat Milk .50
100% Juice .50

Help Wanted

Food Service Worker
Contact John Fratiello

fratielloj@whitsons.com



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

*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 prepared in an equal opportunity provider.

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