



Welcome to our Lunch Cafe

Timberlane Sandown Central Elementary

September 2020

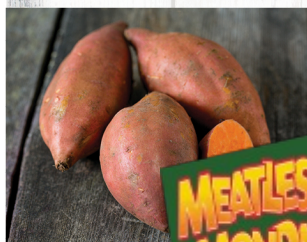
Monday

Tuesday

Wednesday

Thursday

Friday



MEATLESS MONDAY

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7
No School
Labor Day

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10 Chicken with Gravy
Whole Wheat Dinner Roll
Crispy Chicken Sandwich
Fluffy Mashed Potatoes
Fresh Apple
Garden Salad
Cranberry Sauce

11 Cheese Pizza 🍕
Fish Patty Melt Sandwich
Fresh Baby Carrots
Caesar Salad
Sliced Peaches
Strawberries

14

15

16

17 Soft Tacos
Brown Rice
Crispy Chicken Sandwich
Fresh Apple
Garden Salad
Diced Pear Cup
Fresh Baby Carrots

18 Cheese Pizza 🍕
Simply Boxed Yogurt Power Pack 🥗🥕🍌
Caesar Salad
Fresh Baby Carrots
Sliced Peaches
Fresh Melon Cup

21

22

23

24 Turkey Hot Dog on Bun
Crispy Chicken Sandwich
Cucumber Coins
Baked Beans
Strawberry Cup

25 Cheese Pizza 🍕
Turkey & Cheese Sandwich
Fresh Baby Carrots
Side Salad
Sliced Peaches
Strawberries

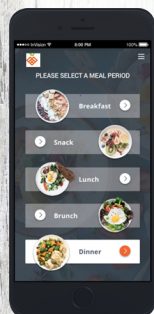
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HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture!
We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



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:
\$2.75

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

Help Wanted

Food Service Worker
Contact John Fratiello

fratielloj@whitsons.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. Allergens include: Peanuts, Tree Nuts, Soy, Wheat, Eggs, Dairy, Fish, Shellfish, and Sesame. In 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