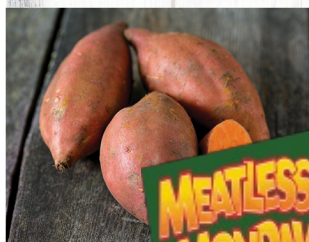


Welcome to our Lunch Cafe

Timberlane Atkinson Academy Elementary

September
2020

Monday



Tuesday

Wednesday

Thursday

Friday

7

1
8 One day Meal pick up at
Elementary Schools

Between 8:00 and 11:00

2
9 Wednesday's Meals can be
pick up at Elementary
Schools between 8:00 and
11:00

3
10 Chicken with Gravy
Whole Wheat Dinner
Roll
Or Crispy Chicken
Sandwich
Fluffy Mashed Potatoes
Fresh Apple
Garden Salad
Cranberry Sauce

4
11 Cheese Pizza 🍕
Or Fish Patty Melt
Sandwich
Fresh Baby Carrots
Caesar Salad
Sliced Peaches
Strawberries

14 Whole Grain French
Toast 🌱
With Crispy Pork
Sausage Links
Or Grilled Cheese
Sandwich 🌱
Caesar Salad
Crispy Potato Puffs
Strawberries
Fresh Orange

15 General Tso's Chicken 🍗
Or Cheeseburger
Garden Salad
Fresh Apple
Brown Rice
Steamed Broccoli
Diced Pear Cup
Labor Day

16

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

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

21 Chicken Nuggets
With Whole Wheat
Dinner Roll
Or Grilled Cheese
Sandwich 🌱
Garden Salad
Sliced Peaches
Sweet Potato Fries
Fresh Apple

22 Nachos Grande
Or Cheeseburger
Mixed Fruit
Sweet Corn
Side Garden Salad
Fresh Apple

23

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

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

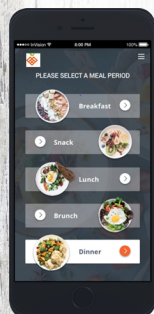
28 Grilled Cheese
Sandwich 🌱
Or Crispy Chicken
Sandwich
Fresh Apple
Caesar Salad
Diced Pear Cup

29 Soft Tacos 🍌
Brown Rice
Or Tuna Salad
Sandwich 🍌
Sweet Corn
Mixed Fruit
Side Garden Salad
Fresh Orange

30

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.



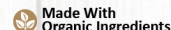
Lunch Prices:
\$2.75

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

Help Wanted

Food Service Worker
Contact John Fratiello
fratielloj@whitsons.com

Vegetarian Made With Natural 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. This institution is an equal opportunity provider.

Also Available Daily
Bagel Lunch Wheat Bagel, Cheese, Organic Yogurt
Healthy Choice Salad - Lettuce, Grape Tomatoes,
Cucumbers, Cheese & Whole Grain Rolls
Sunbutter & Jelly Sandwich
All Lunches include:
Skim, 1%, Low Fat Chocolate Or Strawberry Milk
Vegetables/ Variety of Fresh & Cupped Fruits
Assorted Condiments available Daily