




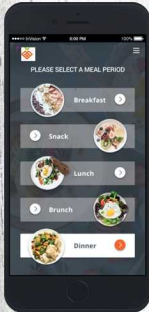
Welcome to our Lunch Cafe

Timberlane Sandown Central Elementary

May 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Oven Baked Fries Side Garden Salad Fresh Apple Mixed Fruit Baby Carrots David's Chocolate Chip Cookie	3 Beef Hot Dog on Bun Baked Beans Fresh Apple Mixed Fruit Baby Carrots Side Garden Salad	4 Crispy Chicken Sandwich Confetti Garbanzo Bean Salad Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange	5 Soft Tacos Brown Rice Corn Baby Carrots Garden Salad Side Garden Salad Diced Pear Cup Fresh Apple	6 Cheese Pizza 🌱 🍌 Side Garden Salad Fresh Apple Side Salad Sliced Peaches Sriracha Garbanzo Beans
9 Homemade Mac & Cheese 🌱 🍌 Homemade Garlic Bread Side Garden Salad Baby Carrots Fresh Apple Fresh Orange	10 Chicken and Waffles Oven Baked Fries Baby Carrots Side Garden Salad Diced Pear Cup Fresh Apple	11 Cheeseburger Side Garden Salad Mixed Fruit Baby Carrots Fresh Apple	12 Crispy Chicken Sandwich Confetti Garbanzo Bean Salad Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange	13 Cheese Pizza 🌱 🍌 Side Garden Salad Fresh Apple Side Salad Sliced Peaches
16 Mozzarella Sticks 🌱 Sweet Potato Fries Mixed Fruit Side Garden Salad Fresh Apple MEATLESS MONDAY	17 Nachos Grande 🍌 Sauteed Corn & Black Bean Salsa Applesauce Side Garden Salad Baby Carrots Mixed Fruit	18 Homemade Pasta & Meat Sauce 🍌 🌱 Homemade Garlic Bread Side Garden Salad Mixed Fruit Fresh Apple	19 Crispy Chicken Sandwich Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange Caesar Salad Oven Baked Fries	20 Cheese Pizza 🌱 🍌 Side Garden Salad Baby Carrots Fresh Apple Side Salad Sliced Peaches
23 Cinnamon French Toast 🌱 Mixed Fruit Side Garden Salad Fresh Apple Crispy Potato Puffs MEATLESS MONDAY	24 General Tso's Chicken 🍌 Brown Rice Corn Baby Carrots Garden Salad Diced Pear Cup Fresh Apple	25 Pasta with Meat Sauce 🍌 🌱 Fresh Apple Side Garden Salad Caesar Salad Fresh Orange Sriracha Garbanzo Beans	26 Crispy Chicken Sandwich Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange Caesar Salad	27 Cheese Pizza 🌱 🍌 Side Garden Salad Baby Carrots Fresh Apple Side Salad Sliced Peaches
30 	31 Crispy Tacos Brown Rice Sweet Corn Mixed Fruit Side Garden Salad Fresh Apple	<div data-bbox="673 1438 1112 1501" data-label="Section-Header"><h3>HARVEST of the MONTH</h3></div> <div data-bbox="673 1512 1128 1638" data-label="Text"><p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p></div> <div data-bbox="1144 1402 1567 1669" data-label="Image"></div>		

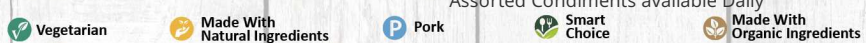


Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Low Fat Milk .50
100% Juice .50
Help Wanted
Food Service Worker
Contact Mayra Maldonado
maldonadom@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
All Lunches include:
Skim, 1%, Low Fat Chocolate Or Strawberry Milk
Vegetables/ Variety of Fresh & Cupped Fruits
Assorted Condiments available Daily



*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.