



Welcome to our Lunch Cafe



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggabols promotion.



September 2022

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.



6 Crispy Tacos
Black Beans
Sweet Corn
Or
Not-A-Nut Butter & Jelly Sandwich
Baby Carrots
With
Diced Pear Cup

7 Homemade Pasta & Meat Sauce
Steamed Broccoli
Or
Not-A-Nut Butter & Jelly Sandwich
Sliced Peaches

1 Crispy Chicken Sandwich
Oven Baked Fries
Or
Garden Salad with Cheese Entree
Pear and Pineapple Cup

2 **SCHOOL CLOSED TODAY**

8 Crispy Chicken Sandwich
Crispy Potato Puffs
Cajun Roasted Broccoli
Or
Not-A-Nut Butter & Jelly Sandwich
Applesauce

9 Cheese Pizza
Or
Hand Crafted Pepperoni Pizza
With
Garden Salad
Pineapple Cup

12 Homemade Mac & Cheese
Steamed Broccoli
Or
Bagel Fun Lunch
Celery
Sliced Peaches
MEATLESS MONDAY

13 Nachos Grande
Sweet Corn
Black Beans
Or
Bagel Fun Lunch
Celery
Pineapple Cup

14 Cheeseburger
Sweet Potato Fries
Or
Bagel Fun Lunch
Celery
Diced Pear Cup

15 Crispy Chicken Sandwich
Crispy Potato Puffs
Cajun Roasted Broccoli
Or
Bagel Fun Lunch
Celery
Applesauce

16 Cheese Pizza
Or
Hand Crafted Pepperoni Pizza
With
Caesar Salad
Fresh Apple

19 Cinnamon French Toast
Potato Puffs
Or
Simply Boxed Belgian Waffle Bites
Applesauce
MEATLESS MONDAY

20 Crispy Tacos
Black Beans
Sweet Corn
Or
Simply Boxed Belgian Waffle Bites
Fresh Orange

21 Beef Hot Dog on Bun
Baked Beans
Or
Simply Boxed Belgian Waffle Bites
Cucumber Coins
Diced Pear Cup

22 Crispy Chicken Sandwich
Sweet Potato Fries
Or
Simply Boxed Belgian Waffle Bites
Pineapple Cup

23 Cheese Pizza
Or
Hand Crafted Pepperoni Pizza
Side Salad
Sliced Peaches

26 Cheese Quesadilla
Brown Rice Pilaf
Cinnamon & Honey Roasted Beans
Or
Garden Salad with Cheese Entree
Baby Carrots
Applesauce
MEATLESS MONDAY

27 Nachos Grande
Sweet Corn
Black Beans
Or
Garden Salad with Cheese Entree
Baby Carrots
Mixed Fruit

28 **PROFESSIONAL DEVELOPMENT DAY**

29 Crispy Chicken Sandwich
Oven Baked Fries
Or
Garden Salad with Cheese Entree
Baby Carrots
Pear and Pineapple Cup

30 Cheese Pizza
Baby Carrots
Or
Hand Crafted Pepperoni Pizza
Garden Salad
Sliced Peaches



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.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.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Lunch Prices

Regular: \$3.00

Reduced: \$.40

Always Available Menu

- 1) Garden Salad with Cheese, WW Dinner Roll and Fruit
 - 2) Bagel Fun Lunch- WW Bagel, Cheese Stick, Organic Yogurt, Carrots or Celery and fruit
 - 3) WW Sunbutter & Jelly Sandwich, Carrots, Fruit
- All meals served with a choice of FF Milk, FF Chocolate Milk or 1% Milk

