



# 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 Veggaböls promotion.



## February 2023

Monday

Tuesday

Wednesday

Thursday

Friday

6 Mozzarella Sticks

With Marinara Sauce Dip  
Cauliflower Popcorn  
Fresh Baby Carrots  
Fresh NY Local Apple  
Diced Pear Cup

7 Chicken Nuggets  
Or Grilled Cheese Sandwich

Steamed Carrots  
Chilled Red Pepper Strips  
Fresh Pear  
Cinnamon Applesauce

8 Fluffy Whole Grain Waffles

With Ham  
Sweet Potato Fries  
Cucumber Coins  
Fresh Orange  
Mixed Fruit

9 Crispy Popcorn Chicken  
Or BBQ Chicken Sauce & Toss  
Black Beans  
Oven Baked Fries  
Fresh NY Local Apple

**100th Day of School**

10 Classic Cheese Pizza

Steamed Broccoli  
Cucumber Coins  
Fresh Banana  
Cinnamon Applesauce

13 Homemade Mac & Cheese

Sweet Corn  
Fresh Baby Carrots  
Fresh NY Local Apple  
Cinnamon Applesauce

14 Chicken Nuggets  
Or Cheeseburger  
Steamed Carrots  
Chilled Red Pepper Strips  
Fresh Orange  
Diced Pear Cup

15 Fluffy Whole Grain Pancakes

With Turkey Sausage Patty  
Sweet Potato Fries  
Cucumber Coins  
Mixed Fruit  
Fresh Orange

16 Beef Hot Dog on Bun  
Or Crispy Chicken Sandwich  
Black Beans  
Oven Baked Fries  
Mixed Fruit  
Fresh NY Local Apple

**Lucky Tray Day!**

17 Classic Cheese Pizza

Steamed Broccoli  
Caesar Salad  
Fresh Banana  
Diced Pear Cup

20 **PRESIDENT'S DAY**

21 **MARDI GRAS**

**SCHOOL CLOSED TODAY**

**SCHOOL CLOSED TODAY**

**SCHOOL CLOSED TODAY**

27 Cheesy Stuffed Bread Sticks

With Marinara Sauce  
Cauliflower Popcorn  
Fresh Baby Carrots  
Fresh NY Local Apple  
Cinnamon Applesauce

28 Chicken Nuggets  
Or Grilled Cheese Sandwich

Steamed Carrots  
Chilled Red Pepper Strips  
Fresh Pear

## 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.



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](http://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 Price**  
**Free - \$0.00**  
**Reduced - \$0.00**  
**Paid - \$3.60**

Available Daily  
Turkey & Cheese , Ham & Cheese, or Cheese Sandwich, Bagel Lunch, Yogurt Lunch, Lunches include Vegetable choice, Fruit or Fruit juice choice and Milk choice FF Chocolate milk or 1%

