



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.



THE HUMANE SOCIETY OF THE UNITED STATES

March 2023

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 Cheesy Stuffed Bread Sticks
With Marinara Sauce
Cauliflower Popcorn
Cucumber Coins
Fresh NY Local Apple
Mixed Dried Fruit

7 Chicken Nuggets Or Yogurt, Cereal, Cheese Stick & Roll
Steamed Carrots
Chilled Red Pepper Strips
Fresh Pear
Cinnamon Applesauce

1 Fluffy Whole Grain Pancakes
With Turkey Sausage Patty
Sweet Potato Fries
Cucumber Coins
Mixed Fruit
Fresh Orange

2 Beef Hot Dog on Bun Or Homemade Pasta & Meat Sauce
Black Beans
Oven Baked Fries
Fresh NY Local Apple
Strawberries

3 Classic Cheese Pizza
Steamed Broccoli
Cucumber Coins
Fresh Banana
Cinnamon Applesauce



National Cereal Day

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
Diced Peaches
Fresh NY Local Apple

10 Classic Cheese Pizza
Caesar Salad
Steamed Broccoli
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 Popcorn Chicken
Black Beans
Oven Baked Fries
Mixed Fruit
Fresh NY Local Apple

17 Classic Cheese Pizza
Steamed Broccoli
Caesar Salad
Fresh Banana
Diced Pear Cup



Lucky Tray Day!



20 Cheesy Stuffed Bread Sticks
With Marinara Sauce
Cauliflower Popcorn
Fresh Baby Carrots
Mixed Fruit
Fresh NY Local Apple

21 Crispy Tacos Or Soft Tacos
Glazed Carrots
Chilled Red Pepper Strips
Fresh Pear
Diced Peaches

22 Whole Grain Waffles with Ham
Sweet Potato Fries
Cucumber Coins
Fresh Orange
Diced Pear Cup

23 Crispy Popcorn Chicken With Dinner Rolls
Black Beans
Potato Puffs
Fresh NY Local Apple
Diced Peach Cup

24 Classic Cheese Pizza
Steamed Broccoli
Caesar Salad
Fresh Banana
Fresh NY Local Apple



National Crunchy Taco Day

27 Homemade Mac & Cheese
Sweet Corn
Fresh Baby Carrots
Fresh NY Local Apple
Cinnamon Applesauce

28 Chicken Nuggets Or Pizza Bagel
Steamed Carrots
Chilled Red Pepper Strips
Fresh Pear
Cinnamon Applesauce

29 Fluffy Whole Grain Pancakes
With Turkey Sausage Patty
Sweet Potato Fries
Cucumber Coins
Mixed Fruit
Fresh Orange

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

31 Classic Cheese Pizza
Steamed Broccoli
Caesar Salad
Fresh Banana
Fresh NY Local Apple



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 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%

