



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.



- 1 Smokehouse Burger 🍔
- Or Veggaböls BBQ Chickpea Rice Bowl 🌱🍌🍌
- Sweet Potato Fries
- Fresh Orange
- Mixed Fruit
- Homemade Beef Burger 🍔



- 2 Chicken Parm "Poppers" Over Pasta 🍔🌱
- Or Chicken Caesar Wrap 🍔
- Steamed Broccoli
- Black Beans
- Fresh NY Local Apple
- Diced Pear Cup

Poodles of Noodles

- 3 Santa Margarita Pizza 🍕
- Caesar Salad
- Fresh Baby Carrots
- Fresh NY Local Apple
- Diced Peaches

- 6 Homemade Mac & Cheese 🌱🍌
- Or Ham & Cheese Triple Decker Sandwich 🍔🍌
- Cauliflower Popcorn
- Cucumber Coins
- Fresh NY Local Apple
- Fresh Banana

- 7 Classic Tex Mex Burrito 🍔
- Or Cheese Quesadilla
- Orange Glazed Carrots
- Chilled Red Pepper Strips
- Fresh NY Local Apple
- Diced Peach Cup

- 8 Chicken Gyro 🍔
- Or Incredibowl
- Mediterranean Quinoa & Hummus Bowl 🌱🍌🍌
- Sweet Potato Fries
- Fresh Orange
- Mixed Fruit

- 9 Incredibowls General Tso's Chicken 🍔
- Or Baja Bean Fajita 🌱🍌
- Black Beans
- Fresh Baby Carrots
- Fresh NY Local Apple
- Diced Pear Cup

- 10 Homemade Pasta & Meat Sauce 🍔
- Steamed Broccoli
- Caesar Salad
- Fresh NY Local Apple
- Fresh Banana



National Foreign Language Week

- 13 Cheesy Stuffed Bread Sticks 🌱
- With Marinara Sauce Dip
- Or Romaine & Chickpea Salad with 2 Dinner Rolls 🌱
- Sweet Corn
- Cucumber Coins
- Fresh NY Local Apple
- Mixed Fruit

- 14 Balsamic Grilled Chicken Panini
- Chilled Red Pepper Strips
- Fresh NY Local Apple
- Diced Peach Cup



- 15 Peruvian Roasted Chicken 🍔
- Sweet Potato Fries
- Crispy Potato Puffs
- Mixed Fruit
- Fresh Orange

- 16 Crispy Popcorn Chicken
- Or Chicken Caesar Wrap 🍔
- Cauliflower Popcorn
- Black Beans
- Fresh NY Local Apple
- Diced Pear Cup

- 17 Homemade Pasta & Broccoli with Garlic & Oil 🌱🍌
- Or Green Machine Smoothie 🍌
- Garden Salad
- Fresh Baby Carrots
- Fresh Banana
- Applesauce



- 20 Homemade Mac & Cheese 🌱🍌
- Or Veggaböls BBQ Chickpea Rice Bowl 🌱🍌🍌
- Sweet Corn
- Celery
- Fresh NY Local Apple
- Diced Pear Cup

- 21 Crispy Tacos
- Or Soft Tacos
- Sauteed Corn & Black Bean Salsa
- Chilled Red Pepper Strips
- Fresh Banana
- Diced Peach Cup

- 22 Smokehouse Burger 🍔
- Or Homemade Beef Burger 🍔
- Sweet Potato Fries
- Fresh Orange
- Mixed Fruit



- 23 Homemade Chili 🍔🌱
- With Homemade Muffins 🌱
- Or Spicy Chicken Sandwich
- Black Beans
- Oven Baked Fries
- Fresh NY Local Apple
- Diced Pear Cup

- 24 Tot Spot's Buffalo Chicken Tater Tots 🍔
- Or Tot Spot's Loaded Nacho Tater Tots 🍔
- Caesar Salad
- Fresh Baby Carrots
- Fresh Banana
- Applesauce

Chef Tony Day

- 27 Cheesy Stuffed Bread Sticks 🌱
- Or Strawberry Banana Smoothie 🍌
- Sweet Corn
- Fresh NY Local Apple
- Fresh Banana

- 28 Chicken Nuggets With Dinner Rolls
- Or Veggaböls Taco Bean Tortilla Bowl 🌱🍌
- Orange Glazed Carrots
- Chilled Red Pepper Strips
- Fresh NY Local Apple
- Diced Peach Cup

- 29 Homemade French Toast 🍔🌱
- With Turkey Sausage Patty
- Sweet Potato Fries
- Celery
- Fresh Orange
- Mixed Fruit



- 30 Wing Shack Honey BBQ Glazed Chicken Wings
- Or Wing Shack Buffalo Fire Chicken Wings
- Black Beans
- Oven Baked Fries
- Fresh NY Local Apple
- Diced Pear Cup

- 31 Homemade Pasta & Meat Sauce 🍔
- Steamed Broccoli
- Caesar Salad
- Fresh NY Local Apple
- Fresh Banana

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.



Food Service Office
631-791-4485
Free \$0.00
Reduced \$0.00
Paid \$3.85

Lunch includes protein, grain, vegetable, fruit and milk choice:
Available Daily
Ham & Cheese & Turkey & Cheese Sandwich, Hamburger, Cheeseburger, Chicken Patty, Bagel Lunch with 2oz cheese stick
Chicken Salad or Garden Salad w/2 dinner rolls, Pizza, Paninis, Asst. Wraps, Smoothies, and Yogurt Parfait

