



# 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.



# 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 Veggabols BBQ Chickpea Rice Bowl

Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

2 Chicken Parm "Poppers" Over Pasta

Black Beans  
Celery Sticks  
Fresh NY Local Apple  
Diced Pear Cup

3 French Bread Pizza

Sauteed Spinach  
Caesar Salad  
Fresh Banana  
Fresh NY Local Apple



Poodles of Noodles

6 Homemade Mac & Cheese

Cauliflower Popcorn  
Cucumber Coins  
Fresh NY Local Apple  
Fresh Banana

7 Spicy Chicken Sandwich  
Orange Glazed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

8 Pizza Crunchers

Or Veggabols BBQ Chickpea Rice Bowl

Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

9 Crispy Popcorn Chicken  
Black Beans  
Oven Baked Fries  
Fresh NY Local Apple  
Diced Pear Cup

10 Homemade Pasta & Meat Sauce

Caesar Salad  
Fresh Baby Carrots  
Fresh Banana  
Applesauce



13 Cheesy Stuffed Bread Sticks

With Spaghetti Sauce  
Or Strawberry Banana Smoothie

Sweet Corn  
Cucumber Coins  
Fresh NY Local Apple

14 Classic Tex Mex Burrito

Chilled Red Pepper Strips  
Sauteed Corn & Black Bean Salsa  
Fresh NY Local Apple  
Diced Peach Cup

15 Grilled Cheese Sandwich

Or NY Yogurt, Peach & Granola Parfait

Sweet Potato Fries  
Mixed Fruit  
Fresh Orange

16 Chicken Nuggets With Dinner Rolls  
Baked Beans  
Oven Baked Fries  
Apple Slices  
Diced Pear Cup

17 Buffalo Chicken Pizza  
Garden Salad  
Fresh Baby Carrots  
Applesauce  
Fresh Banana



20 Homemade Mac & Cheese

Or Veggabols Rainbow Hummus Rice Bowl

Sweet Corn  
Oven Baked Fries  
Fresh NY Local Apple  
Diced Pear Cup

21 Pizza Bagel

Oven Baked Fries  
Fresh Baby Carrots  
Fresh Banana  
Diced Peach Cup

22 Smokehouse Burger

Or Homemade Beef Burger

Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

23 BBQ Chicken Sauce & Toss Or Chicken Caesar Wrap

Oven Baked Fries  
Cinnamon & Honey Roasted Beans  
Fresh NY Local Apple  
Diced Pear Cup

24 Homemade Baked Pasta with Cheese

Caesar Salad  
Fresh Baby Carrots  
Fresh Banana  
Applesauce



27 Cheesy Stuffed Bread Sticks

Oven Baked Fries  
Sweet Corn  
Fresh NY Local Apple  
100% Apple Juice

28 Chicken Nuggets With Dinner Rolls  
Orange Glazed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

29 Mozzarella Sticks

Spaghetti Sauce  
Or Veggabols BBQ Chickpea Rice Bowl

Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

30 Incredibowls General Tso's Chicken

Black Beans  
Fresh NY Local Apple  
Diced Pear Cup

31 Homemade Pasta & Meat Sauce

Caesar Salad  
Fresh Baby Carrots  
Fresh Banana  
Applesauce



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.



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 or Turkey & Cheese Sandwich ,Hamburger,  
Cheeseburger ,Chicken Patty, Bagel Lunch with 2oz cheese stick  
, Pizza, Smoothies, and Yogurt Parfait

