



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.



November 2022

THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday

1 Baked Chicken Tenders
Or Veggaböls Taco Bean
Tortilla Bowl
Orange Glazed Carrots
Chilled Red Pepper Strips
Sauteed Corn & Black Bean
Salsa
Fresh NY Local Apple
Diced Peach Cup

2 Egg and Cheese Sandwich

With Bacon
Or Turkey Sausage Patty
Or Strawberry Banana
Smoothie
Sweet Potato Fries
Mixed Fruit
Fresh Orange

3 Turkey Sandwich
Or Balsamic Grilled Chicken
Panini
Sriracha Garbanzo Beans
Oven Baked Fries
Fresh NY Local Apple
Diced Pear Cup

National Sandwich Day

4 Homemade Baked Pasta
with Cheese
Caesar Salad
Fresh Baby Carrots
Fresh NY Local Apple
Diced Peaches



7 Homemade Mac & Cheese

Or Veggaböls Rainbow
Hummus Rice Bowl
Cauliflower Popcorn
Cucumber Coins
Fresh NY Local Apple
Fresh Banana
100% Apple Juice

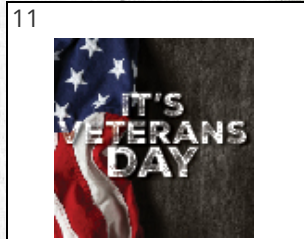
8 Chicken Parmesan Over
Pasta
Homemade Chicken &
Cheese Stromboli
Orange Glazed Carrots
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

9 Pizza Crunchers
Or Veggaböls BBQ Chickpea
Rice Bowl
Sweet Potato Fries
Fresh Orange
Mixed Fruit



10 Crispy Popcorn Chicken
Or Tomato & Cheese Griller

Sriracha Garbanzo Beans
Fresh Baby Carrots
Fresh NY Local Apple
Diced Pear Cup



14 Mozzarella Sticks
With Marinara Sauce Dip
Or Romaine & Chickpea
Salad with 2 Dinner Rolls

Sweet Corn
Cucumber Coins
Fresh NY Local Apple
Mixed Fruit

15 Classic Tex Mex Burrito
Or Cheese Quesadilla
Chilled Red Pepper Strips
Sauteed Corn & Black Bean
Salsa
Fresh NY Local Apple
Diced Peach Cup

16 French dip
Or NY Yogurt, Peach &
Granola Parfait
Sweet Potato Fries
Mixed Fruit
Fresh Orange



17 Wing Shack Classic Buffalo
Chicken Wings
Oven Baked Fries
Sriracha Garbanzo Beans
Fresh NY Local Apple
Diced Pear Cup



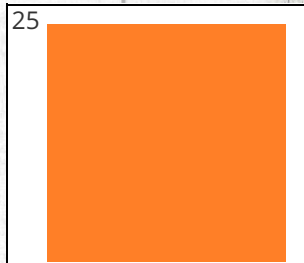
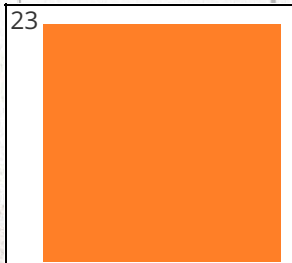
18 Homemade Pasta &
Broccoli with Garlic & Oil

Or Chicken Caesar Salad
Garden Salad
Fresh Baby Carrots
Applesauce

21 Homemade Mac & Cheese

Or Veggaböls BBQ Chickpea
Rice Bowl
Sweet Corn
Oven Baked Fries
Fresh NY Local Apple
Diced Pear Cup

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



28 Cinnamon French Toast
Oven Baked Fries
Sweet Corn
Fresh NY Local Apple
Fresh Banana

National French Toast Day

29 Baked Chicken Tenders
Or Veggaböls Taco Bean
Tortilla Bowl
Orange Glazed Carrots
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

30 Egg and Cheese Sandwich

With Bacon
Or Turkey Sausage Patty
Or Strawberry Banana
Smoothie
Sweet Potato Fries
Mixed Fruit
Fresh Orange

BRUNCH FOR LUNCH TODAY!

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.

*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 \$0.00

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

