



Welcome to our Lunch Cafe

Hempstead Elementary Schools

December 2022



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

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 Baked Chicken Tenders
Whole Wheat Dinner Roll
Green Beans
Steamed Carrots
Strawberry Cup
Fresh Orange

2 Classic Cheese Pizza

Garden Salad
Fresh Pear
Fat Free Chocolate Milk
1% Milk

5 Cheesy Stuffed Bread Sticks
Spaghetti Sauce
Steamed Carrots
Strawberry Cup
Fresh Orange
1% Milk
Fat Free Chocolate Milk

6 Cheeseburger
Fresh Baby Carrots
Fresh Orange
1% Milk
Fat Free Chocolate Milk

7 Meatball Hero
Celery
Plums
Fat Free Chocolate Milk
1% Milk

8 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Steamed Broccoli
Fresh Peach
Fat Free Chocolate Milk
1% Milk

9 Classic Cheese Pizza

Garden Salad
Fresh Orange
1% Milk
Fat Free Chocolate Milk

12 Grilled Cheese Sandwich
Sweet Potato Fries
Apple Slices
Fat Free Chocolate Milk
1% Milk

13 Mozzarella Sticks
Crispy Potato Puffs
Applesauce
Fat Free Chocolate Milk
1% Milk

14 BBQ Chicken Sauce & Toss
Whole Wheat Dinner Roll
Broccoli
Fresh Pear
Fat Free Chocolate Milk
1% Milk

15 Turkey Hot Dog on Bun
Baked Beans
Fresh Orange
Fat Free Chocolate Milk
1% Milk

16 Classic Cheese Pizza

Garden Salad
Fresh Orange
1% Milk
Fat Free Chocolate Milk

19 Chicken Parmesan Sandwich
Fresh Pear
Peas and Carrots
Fat Free Chocolate Milk
1% Milk

20 Crispy Tacos
Black Beans
Apple Slices
Fat Free Chocolate Milk
1% Milk
Ketchup

21 Cheeseburger
Sweet Potato Fries
Fresh Orange
Fat Free Chocolate Milk
1% Milk

22 Crispy Popcorn Chicken
Cucumber Coins
Fresh Peach
Fat Free Chocolate Milk
1% Milk

23 Classic Cheese Pizza

Garden Salad
Applesauce
1% Milk
Fat Free Chocolate Milk



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 is Free for all. Student must take 3 components and 1 must be a fruit or vegetable Lunch consists of a grain, of:grains or grain meat/meat alternative. Choice of fresh fruit, cup fruit, and 100% fruit juice. Milk selection of 1%, fat free white milk or chocolate milk.

If you have any questions or would like additional information regarding this menu please contact your food service director

at 434-4138

