



# 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

# February 2023

## Hempstead Elementary Schools

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1 Cinnamon French Toast  
 Turkey Sausage Patty  
 Sweet Potato Fries  
 Celery  
 Plums  
 Applesauce

IT'S BRUNCH FOR LUNCH TIME

2 Chicken Fajita  
 Beans & Rice  
 Fresh Pear  
 Applesauce  
 Green Peas  
 Steamed Carrots

3 Classic Cheese Pizza  
 Garden Salad  
 Baby Carrots  
 Fresh Orange  
 Applesauce

6 Cheesy Stuffed Bread Sticks  
 Sweet Potato Fries  
 Celery  
 Apple Slices  
 Strawberry Cup

7 Cheeseburger  
 Oven Baked Fries  
 Fresh Baby Carrots  
 Fresh Orange  
 Fresh Pear

8 Nachos Grande  
 Green Beans  
 Sweet Corn  
 Plums  
 Apple Slices

9 Crispy Popcorn Chicken  
 Honey Wheat Pretzels  
 Steamed Broccoli  
 Sriracha Northern Beans  
 Fresh Peach  
 Applesauce

10 Classic Cheese Pizza  
 Garden Salad  
 Celery  
 Fresh Orange  
 Strawberry Cup



13 Mozzarella Sticks  
 Steamed Carrots  
 Northern Beans  
 Fresh NY Local Apple  
 Plums

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

15 BBQ Chicken Sauce & Toss  
 Brown Rice  
 Broccoli  
 Steamed Peas  
 Fresh Pear  
 Strawberry Cup

16 Turkey Hot Dog on Bun  
 Crispy Potato Puffs  
 Baked Beans  
 Apple Slices  
 Fresh Orange

17 Classic Cheese Pizza  
 Garden Salad  
 Baby Carrots  
 Fresh Orange  
 Fresh Pear

**SCHOOL CLOSED TODAY**

**SCHOOL CLOSED TODAY**

**SCHOOL CLOSED TODAY**

**SCHOOL CLOSED TODAY**

**SCHOOL CLOSED TODAY**

27 Cheesy Stuffed Bread Sticks  
 Spaghetti Sauce  
 Steamed Carrots  
 Green Beans  
 Fresh NY Local Apple  
 Strawberry Cup

28 Crispy Chicken Sandwich  
 Fresh Pear  
 Applesauce  
 Peas and Carrots  
 Celery

## 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](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.

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

