



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.



September 2022

Monday



Tuesday

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.

Wednesday

WELCOME BACK TO SCHOOL!

Thursday

- 1 Cheesy Stuffed Bread Sticks
- Steamed Carrots
- Fresh Apple
- Fat Free Chocolate Milk 1% Milk

Friday

- 2 Crispy Chicken Sandwich
- Crispy Potato Puffs
- Fresh Pear
- Fat Free Chocolate Milk 1% Milk



- 5 LET'S CELEBRATE LABOR DAY
- 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
- Fresh Apple
- Fat Free Chocolate Milk 1% Milk



- 14 General Tso's Chicken
- Brown Rice
- 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 Breaded Fish Sticks
- Whole Wheat Dinner Roll
- Fresh Pear
- Peas and Carrots
- Fat Free Chocolate Milk 1% Milk

- 20 Crispy Chicken Sandwich
- Cucumber Coins
- Apple Slices
- Fat Free Chocolate Milk 1% Milk
- Ketchup

- 21 Barbecue Rib Sandwich
- Sweet Potato Fries
- Fresh Orange
- Fat Free Chocolate Milk 1% Milk

- 22 Crispy Popcorn Chicken
- Black Beans
- Fresh Peach
- Fat Free Chocolate Milk 1% Milk

- 23 Classic Cheese Pizza
- Garden Salad
- Applesauce
- 1% Milk
- Fat Free Chocolate Milk



- 28 Whole Grain Waffles with Sausage
- Crispy Potato Puffs
- Plums
- Fat Free Chocolate Milk 1% Milk



- 29 Turkey and Cheese Melt
- Fresh Baby Carrots
- Baked Beans
- Fresh Orange
- 1% Milk
- Fat Free Chocolate Milk

- 30 Classic Cheese Pizza
- Broccoli
- Apple Slices
- 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.

Alternative Menu Options Available Daily: Not-a-Nut Butter Sandwich, Cheese Sandwich & Turkey Sandwich

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

