



Welcome to our Lunch Cafe

PRE - K YMCA

October 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

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.



4 Cheesy Stuffed Bread Sticks

Tomato Sauce Dip
Or NY Strawberry Banana Yogurt Cup
Cheese Sandwich

Steamed Broccoli
Celery Sticks
Plums

5 Crispy Popcorn Chicken
With Brown Rice
Or Chicken Delight Wrap
Steamed Carrots
Cucumber Coins
Applesauce

6 Cheeseburger Or Simply Boxed Pepperoni Pizza Pack

Oven Baked Fries
Fresh Baby Carrots
Fresh Pear

7 Turkey Hot Dog on Bun
Or Chicken Caesar Salad

Baked Beans
Celery
Fresh Apple

1 Classic Cheese Pizza

Or Bagel with String Cheese

Sweet Corn
Fresh Baby Carrots
Fresh Apple

11

12 Chicken Sausage Pancake Bites
Or Chicken Delight Wrap
Cucumber Coins
Sweet Potato Fries
Fresh Peach

(Chicken Meat Sausage)

13 Nachos with Cheese

Or Simply Boxed Pepperoni Pizza Pack

Sweet Corn
Black Beans
Fresh Orange

(Ground Turkey Meat)

14 Wing Shack Chicken Wings
With Brown Rice
Or Chicken Caesar Salad

Baked Beans
Fresh Baby Carrots
Fresh Pear

IT'S STUDENT APPRECIATION DAY

Free sticker with With Lunch

15 Classic Cheese Pizza

Or Bagel with String Cheese

Side Garden Salad
Celery Sticks
Fresh Apple

18 Mozzarella Sticks

With Tomato Sauce Dip
Or Cheese Sandwich

With NY Strawberry Banana Yogurt Cup
Celery Sticks
Sweet Corn
Fresh Apple

19 Pasta with Meat Sauce

Or Chicken Delight Wrap
Steamed Broccoli
Chickpea Salad
Plums

(Ground Beef Meat)

20 Baked Chicken Tenders
Or Simply Boxed Pepperoni Pizza Pack

Steamed Carrots
Cucumber Coins
Fresh Orange

21 Two Cheese Quesadilla

Or Chicken Caesar Salad

Black Beans
Grape Tomatoes
Fresh Pear

22 Classic Cheese Pizza

Or Bagel with String Cheese

Sweet Corn
Fresh Baby Carrots
Fresh Apple

25 Grilled Cheese Sandwich

Or Cheese Sandwich

With NY Strawberry Banana Yogurt Cup
Crispy Potato Puffs
Fresh Baby Carrots
Applesauce

26 Whole Grain Waffles with Sausage
Or Chicken Delight Wrap
Steamed Carrots
Celery
Fresh Orange

27 Nachos with Cheese

Or Simply Boxed Pepperoni Pizza Pack

Black Beans
Salsa
Fresh Apple

28 Crispy Chicken Sandwich
Or Chicken Caesar Salad

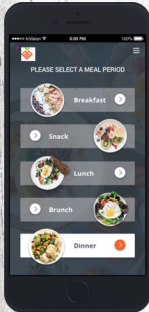
Steamed Broccoli
Cucumber Coins
Fresh Peach

LUCKY TRAY DAY!

29 Classic Cheese Pizza

Or Bagel with String Cheese

Sweet Corn
Fresh Baby Carrots
Fresh Pear



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (antibiotic and hormone free)

DAILY FRESH FRUIT.

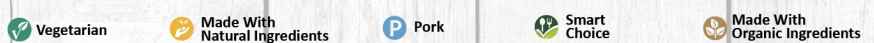
CONDIMENTS AND L.F.DRESSINGS

FREE LUNCH FOR ALL STUDENTS

Daily Offerings:

MILK- 1% WHITE , FF CHOCOLATE

Items with a P contain pork.
We serve Whole Grain Rich Products



*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. This institution is an equal opportunity provider.