



# 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.



# February 2023

THE HUMANE SOCIETY OF THE UNITED STATES

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

6 Breaded Fish Sticks  
Whole Wheat Dinner Roll  
Or Veggaböls BBQ Chickpea Rice Bowl

Steamed Broccoli  
Baby Carrots  
Fresh Banana  
Apricot Cup  
Tartar Sauce

7 Crispy Popcorn Chicken  
Brown Rice  
Sweet Potato Fries  
Homemade Sweet Beet Salad  
Fresh Orange  
Mixed Berry Cup

**HARVEST**

1 Meatloaf with Gravy   
With Dinner Rolls  
Or Mozzarella Sticks   
With Marinara Sauce  
Fluffy Mashed Potatoes  
Fresh Baby Carrots  
Fresh Grapes  
Applesauce  
(Beef Meatloaf)

8 **NEW**   
Homemade Roasted Pepper & Chicken with Pasta   
Very Berry Smoothie   
Mini Pretzel Twists  
Steamed Broccoli  
Grape Tomatoes  
Fresh Apple  
Diced Pear Cup

2 Baked Potato Bar  
Dinner Rolls  
Steamed Broccoli  
Sriracha Northern Beans  
Fresh Orange  
Diced Pear Cup  
(Beef Chili)

9 Chicken Parmesan Over Pasta   
Or Cheesy Stuffed Bread Sticks   
Side Garden Salad  
Celery  
Fresh Pear  
Mixed Fruit

**FLAVES**

3 Chicken Bowl with Gravy   
With Dinner Rolls  
Steamed Carrots  
Celery  
Fresh Apple  
Mixed Fruit  
(Breaded Chicken)

10 Grilled Cheese with Bacon  
Steamed Carrots  
Sriracha Garbanzo Beans  
Fresh Apple  
Diced Peaches  
(Turkey Bacon)

13 Cheesy Stuffed Bread Sticks   
With Marinara Sauce  
Or Veggaböls BBQ Chickpea Rice Bowl

Sweet Corn  
Fresh Baby Carrots  
Fresh Pear  
Applesauce

14 Sloppy Joe on a Bun   
Roasted Potatoes  
Northern Beans  
Fresh Apple  
Strawberry Cup

15 Smokehouse Pulled Pork Sandwich   
Or Cheesy Stuffed Bread Sticks   
With Marinara Sauce  
Sweet Potato Fries  
Homemade Deli Style Coleslaw  
Fresh Orange  
Diced Peaches

16 Pasta with Meat Sauce   
Or Very Berry Smoothie   
With Mini Pretzel Twists  
Steamed Broccoli  
Grape Tomatoes  
Fresh Apple  
Mixed Fruit  
(Beef Meat Sauce)

17 Yard Bird Classic Chicken Sandwich  
Oven Baked Fries  
Beet and Onion Salad  
Fresh Pear  
Applesauce

**HARVEST**

20

21

22

23

24

## WINTER RECESS! SCHOOL CLOSED

27 Homemade Mac & Cheese   
Buffalo Chicken Mac & Cheese   
Or Veggaböls BBQ Chickpea Rice Bowl

Steamed Carrots  
Fresh Cucumber Salad  
Fresh Pear

28 Incrediböls General Tso's Chicken  
*General Tso's seasoned chicken with brown rice, broccoli, and scallions*   
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Apple  
Mixed Fruit

## 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.



Paid Lunch \$3.25  
Reduced/Free Lunch \$0  
Adult \$5.09 Plus Tax  
All Meals served with Choice of: 1%  
White or Fat Free flavored Milk,  
Fruit Choice W.G. Bread, Protein  
& Vegetable Choices,  
Condiments and L.F. Dressings

Daily Lunch Offerings -Frait Express: Sandwich/Salad: Ham(P), Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable toppings served on W.G. Breads. Salads served with 2 W.G. Dinner rolls. Fruit & Yogurt Parfait w/Granola.  
Ruby's Grill Choices: Grilled Cheese, Chicken Patty or Burger on W.W. Bun  
Coyote Grill: Tacos, Nachos, Burritos  
Pizza: Cheese, Pepperoni (beef & pork), Daily Special  
Yogurt Parfait- made with ORGANIC Yogurt, Fruit & WG Granola.  
Items with a P contain pork

Available Daily- Apple Juice

Vegetarian Made With Natural Ingredients Pork Smart Choice Made With Organic Ingredients