



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 Veggabols promotion.



February 2023

THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday

1 Meatloaf with Gravy 🍷
 With Dinner Rolls
 Fluffy Mashed Potatoes
 Fresh Baby Carrots
 Fresh Grapes
 Applesauce
 (Beef Meatloaf)

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

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

6 Breaded Fish Sticks
 Whole Wheat Dinner Roll
 Or Veggabols BBQ Chickpea Rice Bowl 🌱
 🍷 🌱
 Oven Baked Fries
 Fresh 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

8 Homemade Roasted Pepper & Chicken with Pasta 🍷 🌱
 Steamed Broccoli
 Grape Tomatoes
 Fresh Apple
 Diced Pear Cup

9 Two Cheese Quesadilla 🌱
 Buffalo Chicken and Cheese Quesadilla
 Sweet Corn
 Black Bean and Pepper Salad
 Fresh Pear
 Mixed Fruit

10 Grilled Cheese with Bacon
 Steamed Carrots
 Cucumber Coins
 Fresh Apple
 Diced Peaches
 (Turkey Bacon)
FLAVES

13 Cheesy Stuffed Bread Sticks 🌱
 Marinara Sauce
 Veggabols Enchilada
 Bean Chili Bowl
 Sweet Corn
 Fresh Baby Carrots
 Fresh Pear
 Applesauce

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

15 Smokehouse Pulled Pork Sandwich 🍷
 Sweet Potato Fries
 Homemade Deli Style Coleslaw
 Fresh Orange
 Diced Peaches

16 Pasta with Meat Sauce 🍷 🌱
 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 YARD BIRD
 The Original Chicken Sandwich

**WINTER RECESS!
 SCHOOL CLOSED**

27 Homemade Mac & Cheese 🌱 🍷
 Or Buffalo Chicken Mac & Cheese 🍷
 Veggabols Enchilada
 Bean Chili Bowl
 Steamed Carrots
 Fresh Cucumber Salad
 Fresh Pear
 Applesauce

28 Incredibowls 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.

*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 - Ciabatta Sams: Pre-made Sandwiches- Ham(P), Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable toppings on W.G. Breads.
Fruit Express: Yogurt Parfaits- made with ORGANIC Yogurt, Fruit & Granola. Yogurt & Fruit Smoothie (served w/ 2 Dinner rolls or Pretzels). Salads served with 2 W.G. Dinner roll
Ruby's Grill Choices: Grilled Cheese, Chicken Patty or burger on W.W. Bun
Coyote Grill: Nachos, Tacos, Burritos
Pizza: Cheese, Pepperoni (beef & pork) and Daily Special
 Available Daily- Apple Juice.

