



Welcome to our Lunch Cafe

Ellenville Elementary

October 2022



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.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday


Tuesday

Wednesday

Thursday



Friday



3 Whole Grain Pancakes with Sausage
Sweet Corn
Fresh Orange
Fresh Apple
Fresh Baby Carrots
Cucumber Coins



4 Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*
Chilled Red Pepper Strips
Cucumber Coins
Cinnamon Applesauce
Fresh Orange

SCHOOL CLOSED TODAY

6 Homemade Mac & Cheese  
Black Beans
Cucumber Coins
Cinnamon Applesauce
Fresh Orange

7 Cheese Pizza *fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp* 

Steamed Broccoli
Fresh Apple
Cucumber Coins

10 
COLUMBUS DAY


11 Cheeseburger *burger topped with cheese on a freshly toasted bun*
Steamed Carrots
Cucumber Coins
Fresh Orange
Apple Slices


12 Chicken Nuggets
Crispy Potato Puffs
Green Beans
Celery Sticks
Cucumber Coins
Fresh Apple
Fresh Orange

13 Beef Hot Dog on Bun
Side of Beans
Fresh Baby Carrots
Cucumber Coins
Fresh Orange


Lucky Tray Day!!!!!!

14 Cheesy Stuffed Bread Sticks 
Steamed Broccoli
Fresh Baby Carrots
Fresh Banana
Fresh Apple



17 Cinnamon French Toast 
Sweet Corn
Cucumber Coins
Fresh Orange
Apple Slices




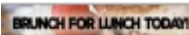
18 Crispy Chicken Sandwich
Celery
Steamed Carrots
Cucumber Coins
Fresh Banana
Fresh Apple


19 Homemade Mac & Cheese  
Green Beans
Cucumber Coins
Fresh Apple
Fresh Orange




20 Soft Tacos
Black Beans
Celery Sticks
Cucumber Coins
Apple Slices
Fresh Orange

21 Cheese Pizza  
Steamed Broccoli
Cucumber Coins
Celery
Fresh Apple
Fresh Orange
Apple Slices

24 Fluffy Whole Grain Pancakes 
Cucumber Coins
Steamed Peas
Fresh Orange
Apple Slices





25 Rainbow Grilled Cheese 
Orange Glazed Carrots
Cucumber Coins
Apple Slices
Fresh Orange

26 Pasta with Sauce  

Broccoli
Cucumber Coins
Fresh Baby Carrots
Fresh Apple
Fresh Orange

27 Nachos Grande
Black Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

28 Cheesy Stuffed Bread Sticks 
Broccoli
Celery
Cucumber Coins
Fresh Apple
Fresh Orange

31 Cinnamon French Toast 
Steamed Peas
Fresh Baby Carrots
Cucumber Coins
Fresh Orange
Fresh Apple



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, age, disability, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



MENU SUBJECT TO CHANGE

Available Daily

Rotating veggies: Baby Carrots, Celery sticks,, Romaine Lettuce, Broccoli, Cherry Tomatoes

All sandwiches made on WG Bread: Turkey, Ham, Bologna with/without cheese, Cheese or PB&J

Salad meals: Tossed Greens with Cheese, Tuna or Chicken & WG dinner rolls.

Milk, 100% fruit juice & fresh fruit available daily

