



# Welcome to our Lunch Cafe

# Ellenville Jr.-Sr. High School

# 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 Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3 Cheesy Stuffed Bread Sticks

Veggabol Taco Bean Tortilla Bowl

Buttered Corn Celery Sticks Fresh Orange

4 Incredibowls Chicken & Asian Vegetable Rice *fluffy rice topped with vegetable stir fry and baked chicken*

Steamed Carrots Celery Sticks Fresh Apple Fresh Orange

5 **SCHOOL CLOSED TODAY**

6 Chicken Cheese Quesadilla Cinnamon & Honey Roasted Beans Cucumber Coins Celery Sticks Fresh Apple Fresh Orange

7 Cheeseburger Steamed Broccoli Cucumber Coins Fresh Apple Fresh Orange 100% Apple Juice

10 **COLUMBUS DAY**

11 Chicken Parmesan Sandwich Veggabol BBQ Chickpea Rice Bowl

Green Beans Fresh Apple Fresh Orange

12 Homemade Baked Pasta with Cheese

Cucumber Coins Steamed Carrots Fresh Apple Fresh Orange

13 Pizzadilla Quesadilla

Black Beans Cucumber Coins Celery Sticks Fresh Apple Fresh Orange

14 Crispy Chicken Sandwich Oven Baked Fries Steamed Broccoli Cucumber Coins Cinnamon Applesauce Fresh Orange Fresh Apple

17 Southwest Chicken Club Sandwich

Roasted Potatoes Veggabol Taco Bean Tortilla Bowl

Fresh Baby Carrots Fresh Apple Fresh Orange Fresh Banana

18 Baked Chicken Tenders Macaroni Salad Steamed Carrots Cucumber Coins Fresh Pear Fresh Apple Fresh Orange

19 Rainbow Grilled Cheese

Green Beans Cucumber Coins Fresh Apple Fresh Orange Fresh Pear

20 BBQ Chicken Nachos *crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage*

Black Beans Fresh Baby Carrots Fresh Apple Fresh Orange

21 Chicken & Cheese Bowl

Steamed Broccoli Fresh Baby Carrots Cucumber Coins Fresh Orange Fresh Apple

24 Homemade Mac & Cheese

Veggabol BBQ Chickpea Rice Bowl

Sweet Corn Cucumber Coins Fresh Apple Fresh Orange

25 Chicken & Broccoli Stir Fry *tender chicken strips sauteed with broccoli in a stir fry sauce*

Steamed Carrots Fresh Apple Fresh Orange Fresh Pear

26 Incredibowls General Tso's Chicken

Green Beans Celery Sticks Cucumber Coins Fresh Apple Fresh Orange

27 Rainbow Grilled Cheese

Spicy Four Bean Salad Celery Sticks Fresh Orange Fresh Apple 100% Apple Juice

28 Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*

Broccoli Celery Sticks Fresh Apple Fresh Orange Fresh Pear

31 Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella*

Steamed Peas Cucumber Coins Fresh Apple Fresh Orange 100% Apple Juice

## 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.

Lunch includes- Entree, Veggie, Fruit/Juice & Milk  
Rotating Side Veggies: Baby Carrots, Cucumber Coins, Celery Sticks, or Cherry Tomato

Menu subject to change

### AVAILABLE DAILY

Great American Deli- Boars Head Ham & Turkey, Tuna, Turkey Bologna, American, Swiss, Mozzarella on WG bread, roll or wrap  
LaCucina - Pizza with Assorted toppings  
Miss Ruby's- Hamburgers, Cheeseburger, Chicken Patty, Nuggets, or Hot Dog on WG Buns.  
Frait Express-Assorted Salad Meals, Yogurt Parfaits.

Questions email Debbie Fisher [fisherd@whitsons.com](mailto:fisherd@whitsons.com)

