



# Welcome to our Lunch Cafe

# Ellenville Elementary

# November 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

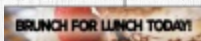
## Friday

1 Crispy Chicken Sandwich  
Carrot Dippers  
Cucumber Coins  
Apple Slices  
Fresh Orange

2 Homemade Mac & Cheese   
Green Beans  
Celery  
Cucumber Coins  
Fresh Apple  
Fresh Orange

3 Beef Hot Dog on Bun  
Side of Beans  
Fresh Baby Carrots  
Cucumber Coins  
100% Apple Juice  
Fresh Orange

4 Cheese Pizza   
Steamed Broccoli  
Cucumber Coins  
Fresh Apple  
Fresh Orange

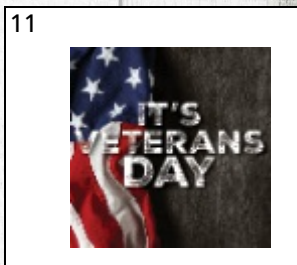


7 Whole Grain Pancakes with Sausage  
Sweet Corn  
Fresh Baby Carrots  
Fresh Orange  
Fresh Apple

8 Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*   
Salsa  
Cucumber Coins  
Fresh Orange  
Apple Slices

9 Pasta with Meat Sauce   
Green Beans  
Celery Sticks  
Fresh Apple  
Fresh Orange

10 Cheesy Stuffed Bread Sticks   
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Orange  
Fresh Apple



14 Cinnamon French Toast   
Buttered Corn  
Cucumber Coins  
Fresh Orange  
Apple Slices

15 Cheeseburger  
Steamed Carrots  
Cucumber Coins  
Fresh Apple  
Fresh Orange

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

17 Beef and Cheese Quesadilla   
Spicy Black Bean Salad  
Celery Sticks  
Cucumber Coins  
Apple Slices  
Fresh Orange

18 Cheese Pizza   
Steamed Broccoli  
Celery  
Fresh Apple  
Fresh Orange  
Apple Slices



21 Chicken Nuggets  
Sweet Potato Fries  
Cucumber Coins  
Fresh Orange  
Apple Slices

22 Cheesy Stuffed Bread Sticks   
Steamed Broccoli  
Cucumber Coins  
Apple Slices  
Fresh Orange



28 Whole Grain Pancakes with Sausage  
Steamed Peas  
Fresh Baby Carrots  
Cucumber Coins  
Fresh Orange  
Fresh Apple

29 Rainbow Grilled Cheese   
Steamed Carrots  
Cucumber Coins  
Fresh Orange  
Apple Slices

30 Pasta with Meat Sauce   
Green Beans  
Celery  
Cucumber Coins  
Fresh Apple  
Fresh Orange

**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)



## MENU SUBJECT TO CHANGE

### Available Daily

Rotating veggies: Baby Carrots, Celery sticks,, Romaine Lettuce, Cucumber coins,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 Chef Salad & WG dinner rolls.

Milk, 100% fruit juice & fresh fruit available daily

Questions contact Debbie Feltz   
fish@whitsons.com   
with Organic Ingredients

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