



Welcome to our Lunch Cafe

Ellenville Jr. - Sr. High School

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 Incredibowls Fiesta Chicken & Rice Bowl 🌱

🌱

Steamed Carrots
Celery Sticks
Fresh Apple
Fresh Orange

2 Homemade Mac & Cheese 🌱 🌱

Green Beans
Cucumber Coins
Fresh Orange
Fresh Apple

3 Beef and Cheese Quesadilla 🌱

Black Beans
Celery Sticks
Fresh Apple
Fresh Orange

4 Chicken, Bacon and Cheese Sandwich
Sweet Potato Fries
Cucumber Coins
Fresh Apple
Fresh Orange

7 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱

Steamed Carrots
Cucumber Coins
Fresh Orange
Fresh Apple

8 Homemade Meatloaf 🌱

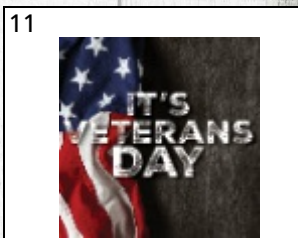
Fluffy Mashed Potatoes
Cucumber Coins
Fresh Apple
Fresh Orange

9 Pasta with Meat Sauce 🌱 🌱

Green Beans
Cucumber Coins
Fresh Apple
Fresh Orange

10 BBQ Pulled Pork Sandwich 🌱

Steamed Broccoli
Cucumber Coins
Fresh Orange
Fresh Apple



14 Yard Bird Classic Chicken Sandwich
Oven Baked Fries
Fresh Baby Carrots
Cucumber Coins
Fresh Apple
Fresh Orange

15 Texas Style Chili 🌱 🌱

Steamed Carrots
Cucumber Coins
Fresh Apple
Fresh Orange

16 Homemade Mac & Cheese 🌱 🌱

Green Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Fresh Pear

17 Crispy Chicken Sandwich
Crispy Potato Puffs
Black Beans
Cucumber Coins
Fresh Apple
Fresh Orange

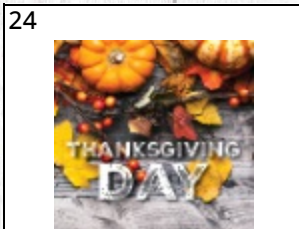
18 Sloppy Joe on a Bun
homemade sloppy joe served on a soft bun 🌱

Steamed Broccoli
Cucumber Coins
Fresh Orange
Fresh Apple

21 Cheesy Stuffed Bread Sticks 🌱

Cucumber Coins
Green Beans
Fresh Apple
Fresh Orange

22 Roasted Turkey with Gravy
Fluffy Mashed Potatoes
Celery Sticks
Fresh Apple
Fresh Orange



28 Rainbow Grilled Cheese 🌱

Tomato Soup
Cucumber Coins
Fresh Apple
Fresh Orange

29 Chicken Parmesan Sandwich
Steamed Carrots
Celery Sticks
Fresh Apple
Fresh Orange

30 Pasta with Meat Sauce 🌱 🌱

Green Beans
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 (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

