



Welcome to our Lunch Cafe

Ellenville Jr. Sr. High School




January 2023



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
2 	3 Southwest Chicken Club Sandwich Steamed Carrots Celery Sticks Fresh Apple Fresh Orange	4 Pasta with Meat Sauce Green Beans Fresh Baby Carrots Fresh Orange Fresh Banana	5 Meatball Sandwich Sautéed Corn & Black Bean Salsa Celery Sticks Fresh Orange Fresh Apple	6 Smokehouse Burger Green Beans Cucumber Coins Fresh Apple Fresh Orange
9 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> Oven Baked Fries Cucumber Coins Fresh Orange Fresh Banana	10 General Tso's Chicken Brown Rice Pilaf Cucumber Coins Fresh Baby Carrots Fresh Apple Fresh Orange National Strawberry Milk Day!	11 Pulled Pork Hot Pocket Spiced Roasted Green Beans w/ Parmesan Cucumber Coins Fresh Apple Fresh Orange Fresh Banana	12 Chicken Cheese Quesadilla Confetti Black Bean Salad Cucumber Coins Celery Sticks Fresh Apple Fresh Orange	13 Sloppy Joe Nachos Steamed Broccoli Cucumber Coins Fresh Orange Fresh Apple Fresh Pear
16 	17 Chicken Parmesan Sandwich Glazed Carrots Cucumber Coins Fresh Pear Fresh Apple Fresh Orange BBQ Chicken Sandwich	18 Homemade Mac & Cheese Spiced Roasted Green Beans w/ Parmesan Cucumber Coins Fresh Apple Fresh Orange Fresh Pear	19 Soft Tacos Black Beans Fresh Baby Carrots Fresh Apple Fresh Orange Fresh Banana	20 Roasted Turkey with Gravy Fluffy Mashed Potatoes Buttered Corn Fresh Baby Carrots Cucumber Coins Fresh Orange Fresh Apple
23 Cheesy Stuffed Bread Sticks Steamed Peas Fresh Pear Fresh Orange MEATLESS MONDAY	24 Homemade Chicken & Cheese Stromboli <i>Chicken and melted cheese wrapped in a pizza dough</i> Squash Medley Cucumber Coins Fresh Orange Cinnamon Applesauce	25 Pasta with Meat Sauce Steamed Broccoli Celery Sticks Fresh Apple Fresh Orange Fresh Banana	26 Nashville Hot Kickin' Chicken Sandwich Oven Baked Fries NASHVILLE 	27 Grilled Cheese Sandwich Broccoli Celery Sticks Fresh Apple Fresh Orange Fresh Pear National Hot Chocolate Day!
30 Cinnamon French Toast Turkey Sausage Patty Buttered Corn Cucumber Coins Fresh Apple Fresh Orange 100% Apple Juice IT'S BRUNCH FOR LUNCH!	31 Cheesy Stuffed Bread Sticks Side Salad Fresh Apple Fresh Pear 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.		



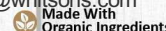
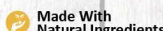
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.



Try our NEW Big Cheese Griller Specials!!

Lunch includes
Entrée, Veggie,
Fruit/Juice & Milk

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