



Welcome to our Lunch Cafe

Ellenville Elementary

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 Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday


Thursday

Friday



2





3 Whole Grain Pancakes with Sausage
Steamed Carrots
Cucumber Coins
Fresh Banana
Fresh Apple

4 Pasta with Meat Sauce

Green Beans
Cucumber Coins
Fresh Apple
Fresh Orange

5 Crispy Chicken Sandwich
Cinnamon & Honey
Roasted Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices


6 Classic Cheese Pizza 

Steamed Broccoli
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

9 Cinnamon French Toast 
Sweet Corn
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Fresh Apple


10 Soft Tacos
Steamed Carrots
Cucumber Coins
Fresh Orange
Apple Slices
National Strawberry Milk Day!!!

11 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Crispy Potato Puffs
Celery Sticks
Fresh Apple
Fresh Orange


12 Cheeseburger
burger topped with cheese on a freshly toasted bun
Side of Beans
Fresh Baby Carrots
Cucumber Coins
Fresh Orange



13 Cheesy Stuffed Bread Sticks 
Marinara Sauce
Green Beans
Fresh Banana
Fresh Apple



16 

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


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


19 Nachos Grande 
Corn & Black Bean Salad
Celery Sticks
Cucumber Coins
Apple Slices
Fresh Orange


20 Classic Cheese Pizza 

Steamed Broccoli
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

23 Fluffy Whole Grain Waffles 
Cucumber Coins
Steamed Peas
Fresh Orange
Apple Slices



24 Beef Hot Dog on Bun
Sweet Potato Fries
Cucumber Coins
Apple Slices
Fresh Orange
LUCKY TRAY DAY!!!

25 Pasta with Meat Sauce

Broccoli
Cucumber Coins
Fresh Baby Carrots
Fresh Apple
Fresh Orange

26 Two Cheese Quesadilla 
Salsa
Black Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

27 Cheesy Stuffed Bread Sticks 
Marinara Sauce
Green Beans
Fresh Banana
Fresh Apple

30 Whole Grain Pancakes with Sausage
Sweet Corn
Cucumber Coins
Fresh Orange
Apple Slices

31 Grilled Cheese Sandwich 
Steamed Carrots
Celery Sticks
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.

*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 orientation), disability, age, 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

Questions contact Debbie Fishbein  