



Welcome to our Lunch Cafe

Ellenville Jr.-Sr. High School

March 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

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.



6 Cheesy Stuffed Bread Sticks
Steamed Peas
Cucumber Coins
Fresh Orange
Fresh Banana



7 Tator Taco
soft tortilla filled with taco meat, tator tots and melted cheese
Steamed Carrots
Fresh Banana
Fresh Apple
Fresh Orange

1 Homemade Baked Pasta with Cheese
Green Beans
Fresh Baby Carrots
Fresh Orange
Fresh Banana

2 Chicken Nugget & Mozzarella Stick Combo
Spicy Four Bean Salad
Celery Sticks
Fresh Orange
Fresh Banana
Fresh Apple

3 NY Beef Burger with Bacon & Cheese
Oven Baked Fries
Cucumber Coins
Fresh Apple
Fresh Orange

13 Rainbow Grilled Cheese
Tomato Soup
Fresh Baby Carrots
Cucumber Coins
Fresh Apple
Fresh Orange



14 Meatball Sandwich
Squash Medley
Fresh Baby Carrots
Celery Sticks
Fresh Orange
Cinnamon Applesauce

15 Incredibowls General Tso's Chicken
Steamed Broccoli
Cucumber Coins
Fresh Apple
Fresh Orange
Fresh Banana

9 Chicken Enchilada
Mexican Style Black Beans
Cucumber Coins
Celery Sticks
Fresh Orange
Fresh Orange

10 Grilled Chicken Teriyaki Sandwich
Steamed Broccoli
Cucumber Coins
Fresh Orange
Fresh Apple
Fresh Pear

National SLOPPY JOE DAY

20 Cheesy Stuffed Bread Sticks
Sweet Corn
Fresh Apple
Fresh Pear
Fresh Orange



21 SCHOOL CLOSED TODAY

22 Ranch & Chicken Quesadilla
Steamed Broccoli
Fresh Baby Carrots
Celery Sticks
Fresh Apple
Fresh Orange
Fresh Banana

23 Pulled Pork Hot Pocket
Corn & Black Bean Salad
Celery Sticks
Fresh Orange
Fresh Banana
Fresh Apple

24 French Bread Pizza
Green Beans
Celery Sticks
Fresh Apple
Fresh Orange
Fresh Pear
Oven Baked Fries

27 Grilled Cheese Sandwich
Tomato Soup
Cucumber Coins
Fresh Apple
Fresh Orange

28 Sweet & Sour Chicken Sauce & Toss
Vegetable Fried Rice
Mixed Vegetables
Cucumber Coins
Fresh Banana
Fresh Apple
Fresh Orange

29 Homemade Pasta & Meatballs
Green Beans
Celery Sticks
Fresh Orange
Fresh Banana
Fresh Apple

30 Walking Taco
mexi-style taco meat paired with crispy chips
Black Beans
Celery Sticks
Fresh Apple
Fresh Orange
Fresh Pear

31 Yard Bird Classic Chicken Sandwich
Oven Baked Fries
Cucumber Coins
Fresh Orange
Fresh Apple
Fresh Pear



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 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.
Fruit Express-Assorted Salad Meals, Yogurt Parfaits

Questions contact Debbie Fisher fisherd@whitsons.com

