



Welcome to our Lunch Cafe



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.



March 2023

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 Whole Grain Waffles with Sausage
Crispy Potato Puffs
Fresh Baby Carrots
Cucumber Coins
Fresh Orange
100% Apple Juice



7 Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell
Steamed Carrots
Cucumber Coins
Fresh Orange
Apple Slices

1 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Green Beans
Cucumber Coins
Fresh Apple
Fresh Orange

2 Chicken Nugget & Mozzarella Stick Combo
Chickpea Salad
Celery
Cucumber Coins
Fresh Orange
Apple Slices

3 Classic Cheese Pizza
Steamed Broccoli
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

13 Fluffy Whole Grain Pancakes
Egg Patty
Crispy Potato Puffs
Celery
Cucumber Coins
Fresh Orange



14 Crispy Chicken Sandwich
Steamed Carrots
Cucumber Coins
Fresh Banana
Fresh Apple

15 Homemade Mac & Cheese
Green Beans
Grape Tomatoes
Cucumber Coins
Fresh Apple
Fresh Orange

16 Sloppy Joe Nachos
Corn & Black Bean Salad
Celery Sticks
Cucumber Coins
Apple Slices
Fresh Orange

17 Classic Cheese Pizza
Steamed Broccoli
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

20 Fluffy Whole Grain Waffles
Egg Patty
Steamed Peas
Cucumber Coins
Fresh Orange
Apple Slices

National Waffle Day!

SCHOOL CLOSED TODAY

22 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Broccoli
Cucumber Coins
Fresh Baby Carrots
Fresh Apple
Fresh Orange

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

24 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Marinara Sauce
Green Beans
Grape Tomatoes
Fresh Banana
Fresh Apple

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



28 Grilled Cheese Sandwich
Steamed Carrots
Cucumber Coins
Apple Slices
Fresh Orange
Homemade Local Potato Soup!!!

29 Homemade Pasta & Meatballs
Green Beans
Cucumber Coins
Fresh Baby Carrots
Fresh Apple
Fresh Orange

30 Soft Tacos
Salsa
Black Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

31 Classic Cheese Pizza
Steamed Broccoli
Cucumber Coins
Fresh Apple
Fresh Orange
Apple Slices

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.



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 Fisher**
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