



# Welcome to our Lunch Cafe

# Ellenville Elementary

# May 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

1 Whole Grain Pancakes with Sausage  
Buttered Corn  
Cucumber Coins  
Fresh Orange  
100% Apple Juice

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

3 Pasta with Meat Sauce  
Green Beans  
Cucumber Coins  
Fresh Apple  
Fresh Orange

4 Nachos Grande  
Black Beans  
Cucumber Coins  
Fresh Apple  
Fresh Orange

5 Cheesy Stuffed Bread Sticks  
Steamed Broccoli  
Celery  
Fresh Apple  
Fresh Orange

**National Brunch for Lunch Day!**

**Cinco de Mayo!!!**

8 Cinnamon French Toast  
Crispy Potato Puffs  
Cucumber Coins  
Fresh Baby Carrots  
Fresh Orange  
Fresh Apple

9 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Sweet Potato Fries  
Cucumber Coins  
Fresh Orange  
Fresh Banana

10 Grilled Cheese Sandwich  
Green Beans  
Celery Sticks  
Cucumber Coins  
Fresh Apple  
Fresh Orange

**LUCKY TRAY DAY!!!**

11 Beef Hot Dog on Bun  
Side of Beans  
Fresh Baby Carrots  
100% Apple Juice  
Fresh Orange

12 Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Banana  
Fresh Apple

15 Whole Grain Pancakes with Sausage  
Sweet Corn  
Cucumber Coins  
Sliced Apples  
Fresh Orange



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

17 Pasta with Meat Sauce  
Mixed Vegetables  
Cucumber Coins  
Fresh Apple  
Fresh Orange

18 Nachos Grande  
Black Beans  
Celery Sticks  
Fresh Apple  
Fresh Orange

**HOMEMADE LOCAL RICE AND BLACK BEANS!**

19 Cheesy Stuffed Bread Sticks  
Steamed Broccoli  
Cucumber Coins  
Fresh Apple  
Fresh Orange

22 Cinnamon French Toast  
Crispy Potato Puffs  
Cucumber Coins  
Sliced Apples  
Fresh Orange

23 Cheeseburger  
Baked Sweet Potato  
Cucumber Coins  
Sliced Apples  
Fresh Orange

24 Homemade Baked Pasta with Cheese  
Green Beans  
Cucumber Coins  
Fresh Apple  
Fresh Orange

25 Soft Tacos  
Black Beans  
Cucumber Coins  
Fresh Apple  
Fresh Orange

26 Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*  
Steamed Broccoli  
Cucumber Coins  
Fresh Apple  
Fresh Orange



30 Chicken Nugget & Mozzarella Stick Combo  
Steamed Carrots  
Cucumber Coins  
Sliced Apples  
Fresh Orange

31 Grilled Cheese Sandwich  
Mixed Vegetables  
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](http://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@whitsons.com](mailto:Debbie.Fisher@whitsons.com)

