



Welcome to our Lunch Cafe

Ellenville Jr. - Sr. High School

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 Two Cheese Grilled Cheese

Baked Potato Wedges
Celery Sticks
Fresh Apple



2 Cheeseburger
Baked Sweet Potato
Celery Sticks
Fresh Apple
Fresh Orange

3 Pasta with Meat Sauce

Green Beans
Celery Sticks
Fresh Orange
Fresh Banana

4 Pizzadilla Quesadilla

Steamed Broccoli

Celery Sticks
Fresh Orange
Fresh Apple

5 Soft Tacos
Mexican Style Rice
Black Beans
Cucumber Coins
Fresh Apple
Fresh Orange

Cinco de Mayo!!!

8 Cheesy Stuffed Bread Sticks

Steamed Peas
Cucumber Coins
Fresh Orange
Fresh Banana

9 Ranch & Chicken Quesadilla
Steamed Carrots
Cucumber Coins
Fresh Apple
Fresh Orange

10 Incredibowls General Tso's Chicken

Squash Medley

Cucumber Coins
Fresh Apple
Fresh Orange
Fresh Banana

11 Roasted Turkey Cuban Melt

Pinto Bean Confetti Salad

Cucumber Coins
Fresh Apple
Fresh Orange

12 Tot Spot's Philly Tater Tots

Steamed Broccoli
Cucumber Coins
Fresh Orange
Fresh Apple
Fresh Pear



15 Grilled Cheese Sandwich

Crispy Potato Puffs
Fresh Baby Carrots
Fresh Apple
Fresh Orange

16 Nachos Grande
Baked Sweet Potato
Fresh Baby Carrots
Fresh Pear
Fresh Orange

17 Homemade Pasta & Meat Sauce

Green Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Fresh Pear

18 Incredibowls Fiesta Chicken & Rice Bowl

Black Beans

Fresh Baby Carrots
Fresh Apple
Fresh Orange

19 Beef and Cheese Quesadilla

Steamed Broccoli
Fresh Baby Carrots
Fresh Orange
Fresh Apple

22 Cheesy Stuffed Bread Sticks

Steamed Peas
Celery Sticks
Cinnamon Applesauce
Fresh Apple



23 Tator Taco
soft tortilla filled with taco meat, tator tots and melted cheese

Steamed Carrots
Celery Sticks
Fresh Apple
Fresh Pear

24 Homemade Baked Pasta with Cheese

Squash Medley

Celery Sticks
Fresh Apple
Fresh Orange
Fresh Banana

25 Chicken Parmesan Sandwich
Spicy Four Bean Salad
Celery Sticks
Fresh Pear
Fresh Apple

26 Nashville Hot Kickin' Chicken Sandwich

Broccoli



29



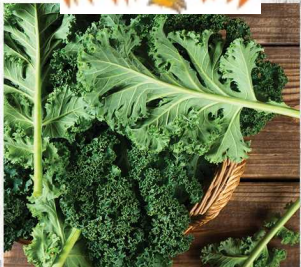
30 Sweet & Sour Chicken Sauce & Toss
Cucumber Coins
Steamed Carrots
Fresh Apple
Fresh Orange

31 Homemade Spicy Pork Mac & Cheese

Green Beans
Cucumber Coins
Fresh Orange
Fresh Banana

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.



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

