



Welcome to our Lunch Cafe

Plainview Elementary 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 Veggabols promotion.



THE HUMANE SOCIETY
OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday

1 Homemade Mac & Cheese Crispy Potato Puffs Cucumber Coins Applesauce Fresh Orange 	2 Baked Chicken Tenders Whole Wheat Dinner Roll Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	3 Meatball Dunkers Dinner Rolls Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries	4 Fluffy Whole Grain Pancakes Turkey Sausage Patty Or Bacon Hash Brown Potatoes Pinto Bean Confetti Salad Diced Peaches Fresh Pear	5 French Bread Pizza Or Classic Cheese Pizza Caesar Salad Cherry Tomatoes Mixed Fruit Fresh NY Local Apple
8 Mozzarella Sticks Marinara Sauce Crispy Potato Puffs Cucumber Coins Applesauce Fresh Orange 	9 Wing Shack Chicken Wings Brown Rice Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	10 Chicken Cheese Quesadilla Cheese Quesadilla Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries	11 Whole Grain Waffles with Sausage Hash Brown Potatoes Cinnamon & Honey Roasted Beans Diced Peaches Fresh Pear	12 Classic Cheese Pizza Or French Bread Pizza Caesar Salad Cherry Tomatoes Mixed Fruit Fresh NY Local Apple
15 Homemade Mac & Cheese Crispy Potato Puffs Cucumber Coins Applesauce Fresh Orange 	16 Baked Chicken Tenders Whole Wheat Dinner Roll Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	17 Cheeseburger NY Beef Burger Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries	18 Fluffy Whole Grain Pancakes Turkey Sausage Patty Or Bacon Hash Brown Potatoes Pinto Bean Confetti Salad Diced Peaches Fresh Pear	19 French Bread Pizza Or Classic Cheese Pizza Caesar Salad Cherry Tomatoes Mixed Fruit Fresh NY Local Apple
22 Mozzarella Sticks Marinara Sauce Crispy Potato Puffs Cucumber Coins Applesauce Fresh Orange 	23 Crispy Popcorn Chicken Brown Rice Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	24 Cheesy Stuffed Bread Sticks Marinara Sauce Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries	25 Chicken and Waffles Hash Brown Potatoes Cinnamon & Honey Roasted Beans Diced Peaches Fresh Pear	26 Classic Cheese Pizza Or French Bread Pizza Caesar Salad Cherry Tomatoes Mixed Fruit Fresh NY Local Apple
29 	30 Wing Shack Chicken Wings Whole Wheat Dinner Roll Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	31 Chicken Cheese Quesadilla Cheese Quesadilla Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries	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.



Meal prices:
Paid \$2.80

Gluten Free/vegetarian options are available
Please contact Karen Ball for information and ordering

Available daily entees:

Turkey or Ham sandwiches, bagel w/cream cheese, butter or plain w/string cheese, yogurt parfait or Garden Salad

Daily vegetable/fruit options:

Celery, carrots, apple juice, orange juice.

Any questions or concerns please contact Karen Ball at ballk@whitsons.com

