



Welcome to our Lunch Cafe

Plainview Elementary School

October 2022



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
3 Cheesy Stuffed Bread Sticks Marinara Sauce Crispy Potato Puffs Applesauce Fresh Orange	4 Baked Chicken Tenders Whole Wheat Dinner Roll Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	5 SCHOOL CLOSED TODAY	6 Fluffy Whole Grain Waffles Turkey Sausage Patty Pinto Bean Confetti Salad Hash Brown Potatoes Diced Peaches Fresh Pear	7 Pizza Crunchers Classic Cheese Pizza Caesar Salad Cherry Tomatoes Mixed Fruit Plums
10 SCHOOL CLOSED TODAY	11 Wing Shack Chicken Wings Whole Wheat Dinner Roll Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	12 Homemade Mac & Cheese Dinner Rolls Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries	13 Egg and Cheese Sandwich Hash Brown Potatoes Pinto Bean Confetti Salad Diced Peaches Fresh Pear	14 Classic Cheese Pizza Pizza Crunchers Caesar Salad Cherry Tomatoes Mixed Fruit Plums
17 Cheesy Stuffed Bread Sticks Marinara Sauce Crispy Potato Puffs Applesauce Fresh Orange	18 Baked Chicken Tenders Whole Wheat Dinner Roll Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	19 Cheeseburger Or NY Beef Burger Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries	20 Cinnamon French Toast Hash Brown Potatoes Pinto Bean Confetti Salad Diced Peaches Fresh Pear	21 Pizza Crunchers Classic Cheese Pizza Caesar Salad Cherry Tomatoes Mixed Fruit Fresh NY Local Apple Plums
24 SCHOOL CLOSED TODAY	25 Crispy Popcorn Chicken Whole Wheat Dinner Roll Green Beans Fresh Baby Carrots Mixed Fruit Fresh NY Local Apple	26 Veggaböls BBQ Chickpea Rice Bowl Or Grilled Cheese Sandwich Sweet Potato Fries Celery Diced Pear Cup Fresh Strawberries 	27 Fluffy Whole Grain Waffles Turkey Sausage Patty Hash Brown Potatoes Pinto Bean Confetti Salad Diced Peaches Fresh Pear	28 Classic Cheese Pizza Pizza Crunchers Caesar Salad Cherry Tomatoes Mixed Fruit Plums
31 Cheesy Stuffed Bread Sticks Marinara Sauce Crispy Potato Puffs Applesauce 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.

*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

