

# Welcome to our Lunch Cafe

## Plainview Elementary School

# February 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 Nachos Grande  
Sweet Potato Fries  
Celery  
Diced Pear Cup  
Fresh Strawberries

2 Fluffy Whole Grain Pancakes  
Turkey Sausage Patty Or Bacon  
Pinto Bean Confetti Salad  
Hash Brown Potatoes  
Diced Peaches  
Fresh Pear

3 Pizza Crunchers  
With Marinara Sauce Or Classic Cheese Pizza  
Caesar Salad  
Cherry Tomatoes  
Mixed Fruit  
Fresh NY Local Apple

6 Mozzarella Sticks  
Marinara Sauce  
Crispy Potato Puffs  
Applesauce  
Fresh Orange

7 Wing Shack Chicken Wings  
Brown Rice  
Green Beans  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple

8 Chicken Cheese Quesadilla  
Cheese Quesadilla  
Sweet Potato Fries  
Celery  
Diced Pear Cup  
Fresh Strawberries

9 Whole Grain Waffles with Sausage  
Hash Brown Potatoes  
Pinto Bean Confetti Salad  
Diced Peaches  
Fresh Pear

10 French Bread Pizza Or Classic Cheese Pizza  
Caesar Salad  
Cherry Tomatoes  
Mixed Fruit  
Fresh NY Local Apple

13 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Crispy Potato Puffs  
Applesauce  
Fresh Orange

14 Baked Chicken Tenders  
Whole Wheat Dinner Roll  
Green Beans  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple

15 Soft Tacos  
Lettuce Topping  
Salsa  
Sweet Potato Fries  
Celery  
Diced Pear Cup  
Fresh Strawberries

16 Fluffy Whole Grain Pancakes  
Turkey Sausage Patty Or Bacon  
Hash Brown Potatoes  
Pinto Bean Confetti Salad  
Diced Peaches  
Fresh Pear

17 Pizza Crunchers  
With Marinara Sauce Or Classic Cheese Pizza  
Caesar Salad  
Cherry Tomatoes  
Mixed Fruit  
Fresh NY Local Apple

20

21



22

23

24

# SCHOOL'S CLOSED!

27 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Crispy Potato Puffs  
Applesauce  
Fresh Orange

28 Baked Chicken Tenders  
Whole Wheat Dinner Roll  
Green Beans  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple

## 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.



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](mailto:ballk@whitsons.com)

