

Welcome to our Lunch Cafe

Plainview Elementary School

September 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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday

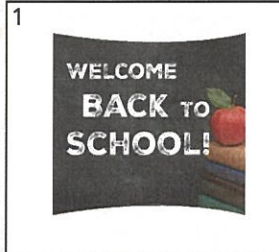
Thursday

Friday



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.



2 Classic Cheese Pizza
Turkey Sandwich
Caesar Salad
Fresh Orange
Fresh NY Local Apple



6 Wing Shack Chicken Wings
Whole Wheat Dinner Roll
Cheese Sandwich
Green Beans
Fresh Pear
Fresh NY Local Apple

7 Mozzarella Sticks
Marinara Sauce
Ham Sandwich
Cucumber Coins
Fresh Strawberries
Fresh Orange

8 Cinnamon French Toast
Bagel with String Cheese
Cinnamon & Honey Roasted Beans
Crispy Potato Puffs
Fresh NY Local Apple
Fresh Pear

9 Classic Cheese Pizza
Turkey Sandwich
Caesar Salad
Fresh Orange
Fresh NY Local Apple

12 Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich
Turkey Sandwich
Crispy Potato Puffs
Diced Pear Cup
Fresh Orange

13 Baked Chicken Tenders
Whole Wheat Dinner Roll
Cheese Sandwich
Green Beans
Fresh Pear
Fresh NY Local Apple

14 Cheesy Stuffed Bread Sticks
Marinara Sauce
Ham Sandwich
Cucumber Coins
Fresh Orange
Fresh Strawberries

15 Cheeseburger
NY Beef Burger
Bagel with String Cheese
Crispy Potato Puffs
Cinnamon & Honey Roasted Beans
Fresh Pear
Fresh NY Local Apple

16 Classic Cheese Pizza
Turkey Sandwich
Caesar Salad
Fresh Orange
Fresh NY Local Apple

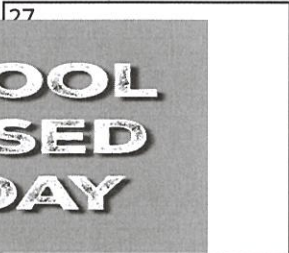
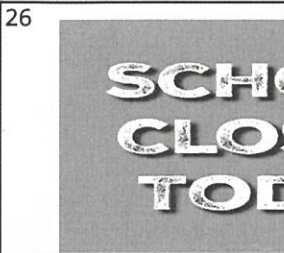
19 Fluffy Whole Grain Waffles
Turkey Sausage Patty
Turkey Sandwich
Crispy Potato Puffs
Diced Pear Cup
Fresh Orange

20 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Cheese Sandwich
Green Beans
Fresh Pear
Fresh NY Local Apple

21 Mozzarella Sticks
Marinara Sauce
Ham Sandwich
Cucumber Coins
Fresh Orange
Fresh Strawberries

22 Egg and Cheese Sandwich
Sausage and Egg Sandwich
Cinnamon & Honey Roasted Beans
Bagel with String Cheese
Crispy Potato Puffs
Fresh Pear
Fresh NY Local Apple

23 Classic Cheese Pizza
Turkey Sandwich
Caesar Salad
Fresh Orange
Fresh NY Local Apple



28 Cheesy Stuffed Bread Sticks
Marinara Sauce
Ham Sandwich
Cucumber Coins
Fresh Strawberries
Fresh Orange

29 Chicken and Waffles
Bagel with String Cheese
Crispy Potato Puffs
Cinnamon & Honey Roasted Beans
Fresh Pear
Fresh NY Local Apple

30 Classic Cheese Pizza
Turkey Sandwich
Caesar Salad
Fresh Orange
Fresh NY Local Apple

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

*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.

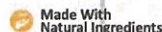


Meal prices:
Paid \$2.80

Gluten Free/vegetarian options are available
Please contact Karen Ball for more information
ballk@whitsons.com

Available daily entrées:
Bagel w/string cheese 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



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