

Welcome to our Plainview Middle School Lunch Cafe

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 Grilled Cheese Sandwich
Dinner Rolls
Crispy Potato Puffs
Green Beans
Celery
Applesauce
Fresh Orange

2 Buffalo Chicken Tenders
Whole Wheat Dinner Roll
Sweet Corn
Fresh Baby Carrots
Mixed Fruit
Fresh NY Local Apple

3 Veggabol Lo Mein Chickpea Noodle Bowl
Chicken Parmesan Over Pasta
Sweet Potato Fries
Celery
Diced Pear Cup
Fresh Strawberries

4 Classic Tex Mex Burrito
Crispy Potato Puffs
Confetti Kidney Bean Salad
Diced Peaches
Fresh Pear

5 Mozzarella Sticks
Marinara Sauce
Caesar Salad
Cherry Tomatoes
Mixed Fruit
Fresh NY Local Apple

6 Grilled Cheese Sandwich
Dinner Rolls
Crispy Potato Puffs
Green Beans
Celery
Applesauce
Fresh Orange

MEATLESS MONDAY

7 Buffalo Chicken Tenders
Whole Wheat Dinner Roll
Sweet Corn
Fresh Baby Carrots
Mixed Fruit
Fresh NY Local Apple

8 Homemade Pasta & Meatballs
Veggabol Fiesta Rice and Beans Bowl
Sweet Potato Fries
Celery
Diced Pear Cup
Fresh Strawberries

9 Breakfast Waffle Tower
Crispy Potato Puffs
Cinnamon & Honey
Roasted Beans
Diced Peaches
Fresh Pear

10 Cheesy Stuffed Bread Sticks
Marinara Sauce
Caesar Salad
Cherry Tomatoes
Mixed Fruit
Fresh NY Local Apple

13 Homemade Mac & Cheese
Green Beans
Crispy Potato Puffs
Applesauce
Fresh Orange

MEATLESS MONDAY

14 General Tso's Chicken
Whole Wheat Dinner Roll
Sweet Corn
Fresh Baby Carrots
Mixed Fruit
Fresh NY Local Apple

15 Meatball Hero
Veggabol BBQ Chickpea Rice Bowl
Sweet Potato Fries
Celery
Diced Pear Cup
Fresh Strawberries

16 Nachos Grande
Crispy Potato Puffs
Confetti Kidney Bean Salad
Diced Peaches
Fresh Pear

17 Mozzarella Sticks
Marinara Sauce
Caesar Salad
Cherry Tomatoes
Mixed Fruit
Fresh NY Local Apple

20

PRESIDENT'S DAY

21

22

23

24

SCHOOL'S CLOSED!!

27 Grilled Cheese Sandwich
Green Beans
Crispy Potato Puffs
Applesauce
Fresh Orange

MEATLESS MONDAY

28 Chicken Bowl with Gravy
Whole Wheat Dinner Roll
Sweet Corn
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.

*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
Reduced \$0.25

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

Offered Daily:

Asst. pizza, asst. chicken sandwiches, Hamburger/cheeseburger, Turkey Sandwich, Yogurt parfait, asst. salads and bagel.

Daily Fruit and Vegetable Offerings:

Apples, Oranges, Apple Juice, Orange Juice, Carrot Sticks, Celery Stick

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

