



# Welcome to our Lunch Cafe

# Plainview Middle School

# June 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

## 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.

6 **Homemade Mac & Cheese**   
Crispy Potato Puffs  
Celery  
Fresh Pear  
Fresh Orange

7 **Baked Chicken Tenders**  
Whole Wheat Dinner Roll  
Sweet Corn  
Fresh Baby Carrots  
Diced Pear Cup  
Fresh NY Local Apple

8 **Pasta with Meat Sauce**   
Sweet Potato Fries  
Green Beans  
Raisins  
Fresh Orange

9 **Barbecue Rib Sandwich**  
Crispy Potato Puffs  
Cinnamon & Honey Roasted Beans  
Fresh NY Local Apple  
Fresh Strawberries

10 **Cinnamon French Toast**   
Caesar Salad  
Cherry Tomatoes  
Fresh NY Local Apple  
Fresh Orange

13 **Grilled Cheese Sandwich**   
Crispy Potato Puffs  
Celery  
Fresh Pear  
Fresh Orange

14 **Crispy Popcorn Chicken**  
Whole Wheat Dinner Roll  
Fresh Baby Carrots  
Sweet Corn  
Diced Pear Cup  
Fresh NY Local Apple

15 **Chicken Parmesan Over Pasta**   
Sweet Potato Fries  
Green Beans  
Mixed Fruit  
Fresh Orange

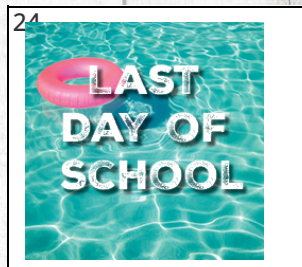
16 **Nachos Grande**  
Crispy Potato Puffs  
Cinnamon & Honey Roasted Beans  
Fresh NY Local Apple  
Fresh Strawberries

17 **French Bread Pizza**   
Caesar Salad  
Cherry Tomatoes  
Fresh NY Local Apple  
Fresh Orange

20 **SCHOOL CLOSED TODAY**

21 **Wing Shack Chicken Wings**  
Whole Wheat Dinner Roll  
Fresh Baby Carrots  
Sweet Corn  
Diced Pear Cup  
Fresh NY Local Apple

22 **Homemade Pasta & Meatballs**   
Sweet Potato Fries  
Green Beans  
Applesauce  
Fresh Orange



27

28

29

30



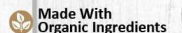
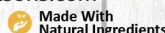
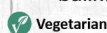
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



All students will receive lunch free of charge. Gluten Free/vegetarian options available please contact Karen Ball for more information. Any questions or concerns please contact Karen Ball: [balk@whitsons.com](mailto:balk@whitsons.com)

Offered Daily:  
Asst. pizza, asst. chicken sandwiches, Hamburger/cheeseburger asst. sandwiches

Daily Fruit and Vegetable Offerings:  
Apples, Oranges, Apple Juice, Orange Juice, Carrot Sticks, Celery Stick



\*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. This institution is an equal opportunity provider.