

# Lunch Menu

## Fort Montgomery ES

December  
2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



- 1** Cheesy Stuffed Bread Sticks  
*baked bread sticks filled with melted cheese* ✓  
Roasted Squash  
Fresh Orange

- 4** Fluffy Whole Grain Pancakes ✓  
Syrup  
Steamed Peas  
Cucumber Coins  
Applesauce



- 5** Fresh NY Local Apple Soft Tacos  
*freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*  
Black Beans  
Salsa  
Chilled Red Pepper Strips

- 6** Ham & Cheese Bagel Melt P ✓  
Green Beans  
Fresh Orange  
Tomato Soup

**Eat a Bagel Day!**

- 7** Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Crispy Potato Puffs  
Fresh Baby Carrots  
Fresh NY Local Apple



- 8** Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* ✓  
Spinach Salad  
Ranch Dressing  
Fresh Orange

- 11** Homemade Mac & Cheese ✓  
Sweet Corn  
Sauteed Zucchini  
Applesauce



- 12** Chicken Cheese Quesadilla  
*hand crafted grilled flour tortilla filled with juicy chicken and melty cheese*  
Black Beans  
Grape Tomatoes

**Lucky Tray Day!**

- 13** Pasta with Meat Sauce ✓  
Spiced Roasted Green Beans w/ Parmesan  
Fresh Blueberries



- 14** Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Syrup  
Turkey Sausage Patty  
Steamed Carrots  
Fresh NY Local Apple

- 15** Cheesy Stuffed Bread Sticks  
*baked bread sticks filled with melted cheese* ✓  
Steamed Broccoli  
Fresh Orange

- 18** Two Cheese Grilled Cheese  
*golden toasted bread with gooey melted American and mozzarella cheese prepared in-house* ✓  
Oven Baked Fries  
Applesauce  
Tomato Soup



- 19** Nachos with Cheese ✓  
Salsa  
Shredded Cheddar Cheese  
Chilled Red Pepper Strips  
Fresh Banana

- 20** Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Green Beans  
Fresh Baby Carrots  
Fresh Strawberries



- 21** Meatball Sandwich  
Cinnamon & Honey  
Roasted Beans  
Fresh NY Local Apple

- 22** Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* ✓  
Spinach Salad  
Ranch Dressing  
Fresh Orange  
Cucumber Coins



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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.

### Lunch Prices

Paid: \$2.90

Reduced: \$0.00

Milk: \$0.75

*If you have any questions or would like more information please*

*Contact your Food Service Director*

Lunch Daily Offerings: Romaine Side Salad W/Dressing

Grab and Go Sandwiches: Turkey and Cheese, Ham and Cheese, PB&J, Cheese Sandwiches all on WG breads. Bagel Meal with Cheese Stick and Yogurt. Entree Salads: Garden with Crispy Chicken, Caesar with Chicken and Cheese, Garden with Deli Meat, Garden with Cheese, (Offered with WG Rolls). Fruit Parfait W/Granola. Variety of Fruit and Vegetables. Apples, Oranges and Bananas. Choice of 1% White Milk, Skim Milk or Fat Free Chocolate Milk

