

Lunch Menu

HFFMIS

December 2023

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

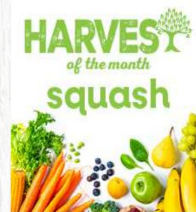
Monday

Tuesday

Wednesday

Thursday

Friday



4 Fluffy Whole Grain Pancakes Syrup
Oven Baked Fries
Cinnamon & Honey
Roasted Beans
Diced Peaches

MEATLESS MONDAY

5 Nachos Grande
Nachos Grande
Side of Beans
Salsa
Mixed Fruit
Corn

6 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Brown Rice
Fresh Baby Carrots
Fresh Orange
Steamed Broccoli

YARD BIRD
The Original Chicken Sandwich

7 Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle
Fresh NY Local Apple
Oven Baked Fries
Squash Medley

1 Cheese Pizza
Cinnamon & Honey
Roasted Beans
Caesar Salad
Fresh Orange

8 Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection
Fresh Orange
Side Salad
Tomato Soup
Eat a Bagel Day!

11 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Steamed Peas
Dinner Rolls
Fresh Baby Carrots
Applesauce

MEATLESS MONDAY

12 Walking Taco
Black Beans
Mild Salsa
Fresh Strawberries
Fresh NY Local Apple
Roasted Vegetables

LUCKY TRAY DAY!

13 Grilled Chicken Cutlet Sandwich
Fresh NY Local Apple
Celery
Sweet Potato Fries

14 Smokehouse Pulled Pork Sandwich
Baked Beans
Cole Slaw
Applesauce

15 Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Fresh Orange
Side Garden Salad

18 Grilled Cheese Sandwich
Tomato Soup
Fresh NY Local Apple
Oven Baked Fries
Cucumber Coins

MEATLESS MONDAY

19 Fresh NY Local Apple
Walking Taco
Walking Taco
mexi-style taco meat paired with crispy chips
Side of Beans
Salsa

20 Cinnamon French Toast
Turkey Sausage Patty
Roasted Potatoes
Green Beans
Fresh Blueberries

IT'S BRUNCH FOR LUNCH TIME

21 Cheeseburger
Oven Baked Fries
Side Garden Salad
Fresh NY Local Apple

STUDENT APPRECIATION DAY

22 Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Hand Crafted Pepperoni Pizza
Steamed Broccoli
Fresh Orange



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.

Lunch Prices

Paid: \$3.15

Reduced: \$0.00

Milk: \$0.75

If you have any questions or would like more information please contact your Food Service Director

Daily Lunch Offerings:

Fresh Vegetable sides

Grab and Go Sandwiches - Turkey/Ham with Or Without Cheese on WG breads, Entree Salads: Chicken Salads, Chef Salads, Garden Salads with Cheese (all served with WG Roll). Fruit Parfait with Granola. A variety of Fresh Fruits and Vegetables available daily. Apples, Oranges and Bananas.

