

Lunch Menu

Fort Montgomery ES

February
2024

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

Monday

Tuesday

Wednesday

Thursday

Friday



5 Fluffy Whole Grain Pancakes Syrup
Cucumber Coins
Egg Patty
Roasted Potatoes
Diced Pear Cup

MEATLESS MONDAY

6 Crispy Tacos
Fresh NY Local Apple
Black Beans
Chilled Red Pepper Strips



7 Ham & Cheese Bagel Melt Green Beans
Tomato Soup
Diced Pear Cup

8 Turkey Hot Dog on Bun
turkey hot dog on soft bun
Crispy Potato Puffs
Fresh NY Local Apple

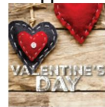


9 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Spinach Salad
Ranch Dressing
Cucumber Coins
Diced Peaches

12 Homemade Mac & Cheese
Sweet Corn
Sauteed Zucchini

13 Crispy Chicken Sandwich
Oven Baked Fries
Baked Beans

14 Pasta with Meat Sauce
freshly cooked pasta with meat sauce
Spiced Roasted Green Beans w/ Parmesan
Fresh Blueberries



15 Meatball Dunkers
meatballs with marinara dipping sauce
Whole Wheat Dinner Roll
Fresh Banana
Cucumber Coins

16 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Steamed Broccoli
Fresh Orange
Cucumber Coins

19 WINTER RECESS!
SCHOOL CLOSED

20 WINTER RECESS!
SCHOOL CLOSED

21 WINTER RECESS!
SCHOOL CLOSED

22 WINTER RECESS!
SCHOOL CLOSED

23 WINTER RECESS!
SCHOOL CLOSED

26 Mozzarella Sticks
Applesauce
Steamed Broccoli
Whole Wheat Dinner Roll

MEATLESS MONDAY

27 Cinnamon French Toast
Turkey Sausage Patty
Crispy Potato Puffs
Syrup
Fresh Blueberries

28 Baked Chicken Tenders
Roasted Garlic Cauliflower
Homemade Texas Style Toast
Strawberry Cup

29 Cheeseburger NY Beef Burger
Steamed Carrots
Cinnamon & Honey
Roasted Beans
Diced Peaches



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: \$0 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: Grab and Go Sandwiches: Turkey /Cheese, Ham/Cheese, SBJ, Cheese Sandwiches all on WG breads. Bagel Meal with Cheese Stick and Yogurt. Entree Salads w/dinner roll, Variety of Fruit and Vegetables. Apples, Oranges. Choice of 1% , Baby Carrots. White Milk, Skim Milk or Fat Free Chocolate Milk

