









# Welcome to our Lunch Cafe at...

People for People MS

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Ravioli with Tomato Sauce 🍷 Sauteed Vegetable Medley Fresh Apple 	3 Chicken Fajita Wrap 🍷 Sauteed Corn & Black Bean Salsa Mixed Fruit	4 BBQ Chicken Brown Rice Pilaf Fries Diced Pear Cup	5 Tangerine Dream Chicken Rice Bowl 🍷 Broccoli Fresh Orange	6 Turkey & Cheese Sandwich Carrot Sticks Applesauce
9 Fluffy Whole Grain Waffles 🌱 Egg Patty Syrup Oven Baked Fries Diced Peaches 	10 Homemade Chicken & Broccoli Alfredo 🍷 Cauliflower Popcorn Fresh Pear	11 Baked Chicken Whole Wheat Dinner Roll Pinto Beans Fresh Orange	12 Classic Cheese Pizza 🌱 Caesar Salad Mixed Fruit	13 Crispy Chicken Sandwich Carrot Sticks Organic Applesauce
16 Cheesy Stuffed Bread Sticks 🌱 Spaghetti Sauce Sweet Potato Fries Fresh Apple	17 Pasta & Meat Sauce 🍷 Corn Sliced Peaches	18 General Tso's Chicken Rice Bowl 🍷 Green Beans Fresh Orange	19 Classic Cheese Pizza 🌱 Caesar Salad Diced Pear Cup	20 
23	24	25	26	27
				
30	31	 <div>  <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p>   </div>		



We recognize consumers are reducing their meat intake and instead embracing more plant-based foods for their positive impact on the planet and our health. In response, we are expanding our menu offerings to include more plant-based, vegan and meatless options.



## Daily Sandwich Alternates:

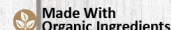
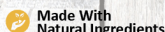
**Monday** - Turkey and Cheese on a Roll  
**Tuesday** - Breaded Chicken Wrap With Ranch Dressing  
Lettuce and tomato  
**Wednesday** - Chicken Caesar Wrap (Chicken, , Cheese) on a WG wrap  
**Thursday** - Turkey BLT Wrap (With Turkey Bacon)

Meals for grades 9-12 include entree, milk, 1 cup of fruit (1/2 cup of fruit + 1 whole fruit) offering and 1 cup of vegetable offering

Fat Free Plain, Chocolate, Strawberry and 1% milk offered daily

Lunch is Free for ALL Students

Chicken Caesar Salad and Garden Salad with Chicken are available daily Except Friday



\*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.