

Welcome to our Lunch Cafe at...

People for People MS

January
2020

Monday

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.

Tuesday



Wednesday



Thursday

2 Sloppy Joe on a Bun
🥕
Peas
Fresh Apple

Friday

3 Turkey & Cheese Sandwich
Carrot Sticks
Fresh Orange

6 Mozzarella Sticks 🥕
Spaghetti Sauce
Whole Wheat Dinner Roll
Fries
Diced Peaches

7 Soft Tacos 🥕
Refried Beans
Pineapple Cup

8 Chicken & Vegetable Rice Bowl 🥕
Sauteed Vegetable Medley
Fresh Pear

9 Classic Cheese Pizza 🥕
Caesar Salad
Mixed Fruit

10 Crispy Chicken Sandwich
Carrot Sticks
Organic Applesauce

13 Cheesy Stuffed Bread Sticks 🥕
Spaghetti Sauce
Fries
Pineapple Cup

14 Pasta & Meat Sauce 🥕
Whole Wheat Dinner Roll
Refried Beans
Sliced Peaches

15 General Tso's Chicken Rice Bowl 🥕
Green Beans
Fresh Orange

16 Classic Cheese Pizza 🥕
Caesar Salad
Diced Pear Cup

17 Turkey Hot Dog on Bun
Carrot Sticks
Fresh Apple



21 Nachos Grande 🥕
Sauteed Corn & Black Bean Salsa
Sliced Peaches

22 Classic Cheese Pizza 🥕
Fries
Diced Pear Cup

23 Cheese Ravioli with Tomato Sauce 🥕
Whole Wheat Dinner Roll
Grilled Zucchini
Mixed Fruit

24 Turkey & Cheese Sandwich
Carrot Sticks
Organic Applesauce

27 Mozzarella Sticks 🥕
Spaghetti Sauce
Whole Wheat Dinner Roll
Cucumber Coins
Fresh Banana

28 Crispy Tacos
Corn
Pineapple Cup

29 Chicken Nuggets
Whole Wheat Dinner Roll
Broccoli
Fresh Pear

30 Cheesy Stuffed Bread Sticks 🥕
Spaghetti Sauce
Refried Beans
Fresh Apple

31 Cheeseburger
Carrot Sticks
Fresh Orange



Whitsons offers a variety of options for students with documented food allergies and special dietary needs. Our goal is to enable children with food allergies and sensitivities to be free to enjoy great tasting, safe and healthy foods in the school lunchroom. Visit www.whitsons.com or scan our QR code for more information.



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



Vegetarian



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

*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.