



Welcome to our Lunch Cafe

Great Oak Elementary School

December 2022



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggabols promotion.



Monday

Tuesday

Wednesday

Thursday

Friday

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.



5 Cinnamon French Toast

Syrup

Scrambled Eggs

Crispy Potato Puffs

Fresh Banana

Fresh Orange

Fat Free Chocolate Milk Or 1% Milk

6 Chicken Nuggets

Whole Wheat Dinner Roll

Steamed Broccoli

Chickpea Salad

Diced Peaches

Fat Free Chocolate Milk Or 1% Milk

7 Nachos Grande

Salsa

Sour Cream

Sweet Corn

Fresh Melon Cup

Fat Free Chocolate Milk Or 1% Milk

1 Grilled Cheese Sandwich

Sweet Potato Fries

Chickpea Salad

Fresh Apple

Fat Free Chocolate Milk Or 1% Milk

2 Classic Cheese Pizza

Baby Carrots

Diced Pear Cup

Fat Free Chocolate Milk Or 1% Milk

Alternate Entree: Sunbutter and Jelly Sandwich

12 Cheesy Stuffed Bread Sticks

Spaghetti Sauce

Garden Salad

Fresh Apple

Fat Free Chocolate Milk Or 1% Milk

13 Baked Chicken Tenders

Whole Wheat Dinner Roll

Steamed Carrots

Diced Pear Cup

Fat Free Chocolate Milk Or 1% Milk

14 Fluffy Whole Grain Waffles

Syrup

Turkey Sausage Patty

Crispy Potato Puffs

Fresh Orange

Fat Free Chocolate Milk Or 1% Milk

15 Beef Hot Dog on Bun

Oven Baked Fries

Baked Beans

Fresh Melon Cup

Fat Free Chocolate Milk Or 1% Milk

16 Classic Cheese Pizza

Baby Carrots

Diced Peaches

Fat Free Chocolate Milk Or 1% Milk

Alternate Entree: Chicken Caesar Salad

Alternate Entree: Tuna Wrap with Vegetable Soup

19 Fluffy Whole Grain Pancakes

Syrup

Scrambled Eggs

Crispy Potato Puffs

Fresh Banana

Fat Free Chocolate Milk Or 1% Milk

20 Chicken Nuggets

Whole Wheat Dinner Roll

Green Beans

Chickpea Salad

Fresh Apple

Fat Free Chocolate Milk 1% Milk

21 Pasta with Meat Sauce

Homemade Garlic Bread

Garden Salad

Fresh Grapes

Fat Free Chocolate Milk Or 1% Milk

22 Cheeseburger

Sweet Potato Fries

Diced Pear Cup

Fat Free Chocolate Milk Or 1% Milk

23 Cheese Pizza Bagel

Baby Carrots

Cinnamon Applesauce

Fat Free Chocolate Milk Or 1% Milk

Alternate Entree: Turkey and Cheese Sandwich



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.



Daily Alternate: Bagel with Cream Cheese, Yogurt, and Cheese Stick

Food Service Director:
Jennifer Syrowsky
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LUNCHES FOR ALL STUDENTS ARE FREE FOR DECEMBER

We are hiring! Work while your children are in school. If you are interested in working in the kitchen please contact Jennifer at 203-888-7852

