



Welcome to our Lunch Cafe


Great Oak Elementary School

November 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 Veggaböls promotion.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chicken Tenders Whole Wheat Dinner Roll Mixed Vegetables Diced Pear Cup Fat Free Chocolate Milk Or 1% Milk	2 Cheeseburger Sweet Potato Fries Chickpea Salad Fresh Grapes Fat Free Chocolate Milk Or 1% Milk	3 Grilled Cheese Sandwich Fresh Broccoli Fresh Orange Fat Free Chocolate Milk Or 1% Milk	4 Classic Cheese Pizza Baby Carrots Cinnamon Applesauce Fat Free Chocolate Milk Or 1% Milk
	8 Professional Development Day No School	9 Cinnamon French Toast Syrup Turkey Sausage Patty Crispy Potato Puffs Fresh Orange Fat Free Chocolate Milk Or 1% Milk	10 Beef Hot Dog on Bun Oven Baked Fries Baked Beans Chilled Red Pepper Strips Fresh Melon Cup Fat Free Chocolate Milk Or 1% Milk	11 Cheese Pizza Bagel Baby Carrots Cucumber Coins Cinnamon Applesauce Fat Free Chocolate Milk Or 1% Milk
7 Cheesy Stuffed Bread Sticks Spaghetti Sauce Garden Salad Fresh Apple Fat Free Chocolate Milk Or 1% Milk		16 Pasta with Meat Sauce Homemade Garlic Bread Garden Salad Fresh Grapes Fat Free Chocolate Milk Or 1% Milk	17 Crispy Chicken Sandwich Sweet Potato Fries Chickpea Salad Fresh Orange Fat Free Chocolate Milk Or 1% Milk	18 Classic Cheese Pizza Cucumber Coins Diced Peaches Fat Free Chocolate Milk Or 1% Milk
14 Fluffy Whole Grain Waffles Syrup Scrambled Eggs Crispy Potato Puffs Fresh Banana Fat Free Chocolate Milk Or 1% Milk	15 Baked Chicken Tenders Whole Wheat Dinner Roll Steamed Carrots Diced Pear Cup Fat Free Chocolate Milk Or 1% Milk	23 Classic Cheese Pizza Baby Carrots Diced Pear Cup Fat Free Chocolate Milk Or 1% Milk	24 	25 Thanksgiving Recess No School
21 Homemade Mac & Cheese Steamed Broccoli Fresh Apple Fat Free Chocolate Milk Or 1% Milk	22 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Chilled Red Pepper Strips Cinnamon Applesauce Fat Free Chocolate Milk 1% Milk	30 Fluffy Whole Grain Pancakes Syrup Scrambled Eggs Crispy Potato Puffs Diced Peaches Fat Free Chocolate Milk Or 1% Milk	Alternate Entree: Sunbutter and Jelly Sandwich	
28 Mozzarella Sticks Spaghetti Sauce Whole Wheat Dinner Roll Garden Salad Applesauce Fat Free Chocolate Milk Or 1% Milk	29 Baked Chicken Tenders Whole Wheat Dinner Roll Mixed Vegetables Diced Pear Cup Fat Free Chocolate Milk Or 1% Milk	Alternate Entree: Turkey and Cheese Sandwich with Chicken Noodle Soup		
Alternate Entree: Veggaböls-Rainbow Hummus Rice Bowl				



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 NOVEMBER

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

