



Welcome to our Lunch Cafe

Great Oak Elementary School

October 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.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fluffy Whole Grain Pancakes Syrup Scrambled Eggs Crispy Potato Puffs Fresh Apple Fat Free Chocolate Milk Or 1% Milk	4 Baked Chicken Tenders Whole Wheat Dinner Roll Mixed Vegetables Mixed Fruit Fat Free Chocolate Milk Or 1% Milk	5 Cheeseburger Sweet Potato Fries Chickpea Salad Fresh Grapes Fat Free Chocolate Milk Or 1% Milk	6 Grilled Cheese Sandwich Fresh Broccoli Fresh Orange Fat Free Chocolate Milk Or 1% Milk	7 Classic Cheese Pizza Baby Carrots Applesauce Fat Free Chocolate Milk Or 1% Milk
Alternate Entree: Sunbutter and Jelly Sandwich				
10 COLUMBUS DAY	11 Chicken Nuggets Whole Wheat Dinner Roll Steamed Broccoli Diced Peaches Fat Free Chocolate Milk Or 1% Milk	12 Cinnamon French Toast Syrup Turkey Sausage Patty Crispy Potato Puffs Fresh Orange Fat Free Chocolate Milk Or 1% Milk	13 Beef Hot Dog on Bun Oven Baked Fries Baked Beans Chilled Red Pepper Strips Fresh Melon Cup Fat Free Chocolate Milk Or 1% Milk	14 Classic Cheese Pizza Baby Carrots Cucumber Coins Applesauce Fat Free Chocolate Milk Or 1% Milk
Alternate Entree: Turkey and Cheese Sandwich				
17 Fluffy Whole Grain Waffles Syrup Scrambled Eggs Crispy Potato Puffs Fresh Banana Fat Free Chocolate Milk Or 1% Milk	18 Baked Chicken Tenders Whole Wheat Dinner Roll Steamed Carrots Mixed Fruit Fat Free Chocolate Milk Or 1% Milk	19 Mozzarella Sticks Spaghetti Sauce Whole Wheat Dinner Roll Garden Salad Fresh Grapes Fat Free Chocolate Milk Or 1% Milk	20 Nachos Grande Salsa Black Beans Grape Tomatoes Diced Peaches Fat Free Chocolate Milk Or 1% Milk	21 Classic Cheese Pizza Cucumber Coins Fresh Orange Fat Free Chocolate Milk Or 1% Milk
Alternate Entree: Chicken Caesar Salad				
24 Homemade Mac & Cheese Fresh Broccoli Fresh Apple Fat Free Chocolate Milk Or 1% Milk	25 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Chilled Red Pepper Strips Diced Peaches Applesauce Fat Free Chocolate Milk 1% Milk	26 Cinnamon French Toast Syrup Turkey Sausage Patty Crispy Potato Puffs Applesauce Fat Free Chocolate Milk Or 1% Milk	27 Crispy Chicken Sandwich Oven Baked Fries Chickpea Salad Fresh Orange Fat Free Chocolate Milk Or 1% Milk	28 Classic Cheese Pizza Baby Carrots Mixed Fruit Fat Free Chocolate Milk Or 1% Milk
Alternate Entree: Veggabols-Taco Bean Tortilla Bowl				
31 Fluffy Whole Grain Pancakes Syrup Scrambled Eggs Crispy Potato Puffs Fresh Banana Fat Free Chocolate Milk Or 1% Milk				

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.



Alternate Entree: Crispy Chicken Wrap



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 OCTOBER

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

