



Welcome to our Lunch Cafe

Great Oak Elementary School

January 2023



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.



Tuesday

Wednesday

Thursday

Friday



Lunch Prices
Full Price \$3.25
Reduced Price \$.40
Milk Only \$.75

3 Baked Chicken Tenders
Whole Wheat Dinner Roll
Steamed Carrots
Raisins
Fat Free Chocolate Milk
Or 1% Milk

4 Fluffy Whole Grain Waffles
Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Diced Peaches
Fat Free Chocolate Milk
Or 1% Milk

5 Grilled Cheese Sandwich
Sweet Potato Fries
Chickpea Salad
Diced Pear Cup
Fat Free Chocolate Milk
Or 1% Milk

6 Classic Cheese Pizza
Steamed Broccoli
Cinnamon Applesauce
Fat Free Chocolate Milk
Or 1% Milk

Alternate Entree: Sunbutter and Jelly Sandwich

9 Fluffy Whole Grain Pancakes
Syrup
Scrambled Eggs
Crispy Potato Puffs
Fresh Banana
Fat Free Chocolate Milk
Or 1% Milk

10 Chicken Nuggets
Whole Wheat Dinner Roll
Fresh Broccoli
Diced Peaches
Fat Free Chocolate Milk
Or 1% Milk

11 Nachos Grande
Salsa
Sour Cream
Confetti Black Bean Salad
Fresh Orange
Fat Free Chocolate Milk
Or 1% Milk

12 Crispy Chicken Sandwich
Sweet Potato Fries
Cucumber Coins
Diced Pear Cup
Fat Free Chocolate Milk
Or 1% Milk

13 Cheese Pizza Bagel
Baby Carrots
Cinnamon Applesauce
Fat Free Chocolate Milk
Or 1% Milk

Alternate Entree: Turkey and Cheese Sandwich with Chicken Noodle Soup



17 Baked Chicken Tenders
Whole Wheat Dinner Roll
Steamed Carrots
Fresh Broccoli
Diced Peaches
Fat Free Chocolate Milk
Or 1% Milk

18 Fluffy Whole Grain Waffles
Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Fresh Orange
Fat Free Chocolate Milk
Or 1% Milk

19 Beef Hot Dog on Bun
Oven Baked Fries
Baked Beans
Fresh Melon Cup
Fat Free Chocolate Milk
Or 1% Milk

20 Classic Cheese Pizza
Baby Carrots
Cucumber Coins
Fresh Apple
Fat Free Chocolate Milk
Or 1% Milk

Alternate Entree: Crispy Chicken Wrap

23 Fluffy Whole Grain Pancakes
Syrup
Scrambled Eggs
Crispy Potato Puffs
Fresh Banana
Fat Free Chocolate Milk
Or 1% Milk

24 Chicken Nuggets
Whole Wheat Dinner Roll
Green Beans
Chickpea Salad
Diced Peaches
Fat Free Chocolate Milk
1% Milk

25 Pasta with Meat Sauce
Homemade Garlic Bread
Garden Salad
Fresh Grapes
Fat Free Chocolate Milk
Or 1% Milk

26 Cheeseburger
Oven Baked Fries
Chilled Red Pepper Strips
Diced Pear Cup
Fat Free Chocolate Milk
Or 1% Milk

27 Cheese Pizza Bagel
Baby Carrots
Cinnamon Applesauce
Fat Free Chocolate Milk
Or 1% Milk

Alternate Entree: Grilled Cheese with Vegetable Soup

30 Mozzarella Sticks
Spaghetti Sauce
Whole Wheat Dinner Roll
Garden Salad
Diced Pear Cup
Fat Free Chocolate Milk
Or 1% Milk

31 Baked Chicken Tenders
Whole Wheat Dinner Roll
Mixed Vegetables
Cinnamon Applesauce
Fat Free Chocolate Milk
Or 1% Milk

Alternate Entree: Chef Salad

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.



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:
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Payments are accepted at any time for any amount. Online payments are the safest and most efficient means to deposit funds into your child's lunch account. Please visit www.myschoolbucks.com to deposit funds online. Cash or check made payable to Oxford Lunch Program can also be sent in with your child to school in a sealed envelope. Please make sure your child's first and last name are on the envelope along with the classroom teacher's name.

