Welcome to our WHITSONS Lunch Cafe

Great Oak Elementary School



VEGGABōLS 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.





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

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

Wednesday Fluffy Whole Grain Waffles 🝘 Syrup Turkey Sausage Patty Crispy Potato Puffs Diced Peaches Fat Free Chocolate Milk

Or 1% Milk

ternate Entree: Sunbutter and Jelly Sandwich

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

Thursday

Steamed Broccoli Cinnamon Applesauce Fat Free Chocolate Milk Or 1% Milk

Friday

Classic Cheese Pizza

Fluffy Whole Grain Pancakes 🝘

Syrup Scrambled Eggs 👩 Crispy Potato Puffs Fresh Banana Fat Free Chocolate Milk Or 1% Milk

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

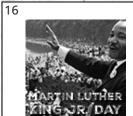
Nachos Grande 🤗 Salsa Sour Cream Confetti Black Bean Salad Fresh Orange Fat Free Chocolate Milk Or 1% Milk

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

Classic Cheese Pizza



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

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

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

Baby Carrots Cucumber Coins Fresh Apple Fat Free Chocolate Milk Or 1% Milk

Alternate Entree: Crispy Chicken Wrap

Fluffy Whole Grain 23 Pancakes 🍘

Syrup Scrambled Eggs 🕜 Crispy Potato Puffs Fresh Banana Fat Free Chocolate Milk Or 1% Milk

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

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

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

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

Baked Chicken Tenders Whole Wheat Dinner Roll Mixed Vegetables Cinnamon Applesauce 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: Chef Salad

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, sea-

food, 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



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

Food Service Director: Jennifer Syrowsky 203-888-7852 syrowskyj@whitsons.com

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.

Smart Choice

and U.S. Department of Agriculture (USDA)

| Observation orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.