



Welcome to our Lunch Cafe

Great Oak Elementary School

June 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

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.

6 Mozzarella Sticks
Whole Wheat Dinner Roll
Garden Salad
Fresh Banana
Fat Free Chocolate Milk
Or 1% Milk

7 Chicken Nuggets
Whole Wheat Dinner Roll
Green Beans
Watermelon Slices
Fat Free Chocolate Milk
Or 1% Milk

1 Pasta with Meat Sauce
Homemade Garlic Bread
Celery
Applesauce
Fat Free Chocolate Milk
Or 1% Milk

2 Cheeseburger
Oven Baked Fries
Chickpea Salad
Watermelon Slices
Fat Free Chocolate Milk
Or 1% Milk

3 Classic Cheese Pizza
Cucumber Coins
Diced Pear Cup
Fat Free Chocolate Milk
Or 1% Milk

Alternate Entree: Sunbutter and Jelly Sandwich

13 Fluffy Whole Grain Waffles
Syrup
Scrambled Eggs
Crispy Potato Puffs
Mixed Fruit
Fat Free Chocolate Milk
Or 1% Milk

14 Baked Chicken Tenders
Whole Wheat Dinner Roll
Sweet Corn
Diced Peaches
Fat Free Chocolate Milk
Or 1% Milk

8 Turkey & Cheese Sandwich
Baby Carrots
Homemade Lite Veggie Pasta Salad
Fresh Apple
Fat Free Chocolate Milk
Or 1% Milk
Bag Lunch Only Today

9 Mini Blueberry Bash Waffles
Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Fresh Orange
Fat Free Chocolate Milk
Or 1% Milk

10 Classic Cheese Pizza
Baby Carrots
Applesauce
Fat Free Chocolate Milk
Or 1% Milk

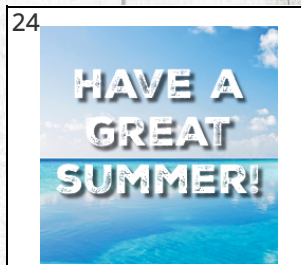
Alternate Entree: Turkey and Cheese Sandwich

20

21

22

16 Classic Cheese Pizza
Cucumber Coins
Diced Pear Cup
Fat Free Chocolate Milk
Or 1% Milk



Alternate Entree: Crispy Chicken Wrap

27

28

23

24



SANDWICHES • VEGETABLES • FRUITS • MILK

FREE SUMMER MEALS

KIDS and TEENS 18 and Under

For sites near you visit:
www.CTSummerMeals.org
CALL 211
TEXT CTMEALS TO 877877

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
Milk image courtesy of No Kid Hungry.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

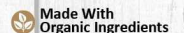
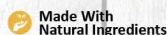


Daily Alternate: Bagel with Cream Cheese, Yogurt, and Cheese Stick

LUNCHES FOR ALL STUDENTS ARE FREE FOR THE 2021-2022 SCHOOL YEAR

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

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



*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. This institution is an equal opportunity provider.