

Welcome to our Lunch Cafe @

Shepard High School

October
2017

Monday

Tuesday

Wednesday

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Friday

2 Chicken Nuggets Whole Wheat Dinner Roll Fries Or Turkey & Cheese Sandwich Corn All With Fresh Apple	3 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Carrot Sticks All With Bosc Pear Cinnamon Applesauce	4 Cheese Pizza Or Turkey & Cheese Sandwich All With Carrot Sticks Celery Sticks Fresh Apple Sliced Peaches	5 Crispy Chicken Sandwich Or Turkey & Cheese Sandwich All With Beans Fresh Orange Diced Pears	6 Stuffed Bread Sticks Spaghetti Sauce Or Turkey & Cheese Sandwich All With Broccoli Cucumber Coins Fresh Banana
9 Chicken Nuggets Whole Wheat Dinner Roll Fries Or Turkey & Cheese Sandwich Corn All With Fresh Apple	10 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Carrot Sticks All With Cinnamon Applesauce Bosc Pear	11 Cheese Pizza Or Turkey & Cheese Sandwich All With Carrot Sticks Celery Sticks Fresh Apple Sliced Peaches	12 Crispy Chicken Sandwich Or Turkey & Cheese Sandwich All With Beans Fresh Orange Diced Pears	13 Stuffed Bread Sticks Spaghetti Sauce Or Turkey & Cheese Sandwich All With Broccoli Cucumber Coins Fresh Banana
16 Chicken Nuggets Whole Wheat Dinner Roll Fries Or Turkey & Cheese Sandwich Corn All With Fresh Apple	17 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Carrot Sticks All With Bosc Pear Cinnamon Applesauce	18 Cheese Pizza Or Turkey & Cheese Sandwich All With Carrot Sticks Celery Sticks Fresh Apple Sliced Peaches	19 Crispy Chicken Sandwich Or Turkey & Cheese Sandwich All With Beans Fresh Orange Diced Pears	20 Stuffed Bread Sticks Spaghetti Sauce Or Turkey & Cheese Sandwich All With Broccoli Cucumber Coins Fresh Banana
23 Chicken Nuggets Whole Wheat Dinner Roll Fries Or Turkey & Cheese Sandwich Corn All With Fresh Apple	24 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Carrot Sticks All With Bosc Pear Cinnamon Applesauce	25 Cheese Pizza Or Turkey & Cheese Sandwich All With Carrot Sticks Celery Sticks Sliced Peaches Fresh Apple	26 Crispy Chicken Sandwich Or Turkey & Cheese Sandwich All With Beans Fresh Orange Diced Pears	27 Stuffed Bread Sticks Spaghetti Sauce Or Turkey & Cheese Sandwich All With Broccoli Cucumber Coins Fresh Banana
30 Chicken Nuggets Whole Wheat Dinner Roll Fries Or Turkey & Cheese Sandwich Corn All With Fresh Apple	31 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Carrot Sticks All With Bosc Pear Cinnamon Applesauce			

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



WHITSON'S
School Nutrition

HARVEST
of the MONTH



We proudly support clean, organic, local and sustainable agriculture.

LUNCH \$4.25

ALL LUNCHES INCLUDE
PROTEIN
FRESH FRUIT
VEGETABLE
& CHOICE OF MILK
FAT FREE CHOCOLATE
OR LOW FAT WHITE

DAILY COLD ALTERNATES
TUNA FISH SALAD ON A KAISER ROLL
CHICKEN CAESAR SALAD ENTREE
W/DINNER ROLLS
COLD ENTREE SERVED WITH COLD
VEGETABLE OF THE DAY AND FRUIT

All proteins meet 2 meat/meat alternate,
2 grains & 1/2 cup fruit served daily