

Welcome to our Lunch Cafe at...

Shepard School

May 2019

MEATLESS MONDAY

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 Baked Chicken Tenders
Dinner Roll
Turkey & Cheese Sandwich
Corn
All With
Fresh Red Delicious Apple
Diced Pear Cup

7 Cheeseburger
Glazed Carrots
Turkey & Cheese Sandwich
Shredded Carrots
All With
Applesauce
Fresh Pear

8 Classic Cheese Pizza
Turkey & Cheese Sandwich
Shredded Carrots
Celery Sticks
Fresh Apple
Sliced Peaches

9 Homemade Mac & Cheese
Turkey & Cheese Sandwich
Side of Beans
Diced Pear Cup
Fresh Orange

10 Mozzarella Sticks
With Spaghetti Sauce
Turkey & Cheese Sandwich
Steamed Broccoli
Cucumber Coins
Fresh Banana

13 Chicken Nuggets
Fries
Dinner Roll
Turkey & Cheese Sandwich
Corn
All With
Fresh Red Delicious Apple
Diced Pear Cup

14 Cheeseburger
Glazed Carrots
Turkey & Cheese Sandwich
Shredded Carrots
All With
Applesauce
Fresh Pear

15 Classic Cheese Pizza
Turkey & Cheese Sandwich
Shredded Carrots
Celery Sticks
Sliced Peaches
Fresh Red Delicious Apple

16 Homemade Pasta & Meatballs
Turkey & Cheese Sandwich
Side of Beans
Fresh Orange
Diced Pear Cup

17 Stuffed Bread
With Spaghetti Sauce
Turkey & Cheese Sandwich
Steamed Broccoli
Cucumber Coins
Fresh Banana

20 Baked Chicken Tenders
Fries
Dinner Roll
Turkey & Cheese Sandwich
Corn
All With
Fresh Red Delicious Apple
Diced Pear Cup

21 Meatball Hero
Glazed Carrots
Turkey & Cheese Sandwich
Shredded Carrots
All With
Applesauce
Fresh Pear

22 Classic Cheese Pizza
Turkey & Cheese Sandwich
Shredded Carrots
Celery Sticks
Sliced Peaches
Fresh Red Delicious Apple

23 Chicken Sandwich
Turkey & Cheese Sandwich
Side of Beans
Diced Pear Cup
Fresh Orange

24

27



28

29 Classic Cheese Pizza
Turkey & Cheese Sandwich
Shredded Carrots
Celery Sticks
Fresh Apple
Sliced Peaches

30 Philly Cheese Steak
Turkey & Cheese Sandwich
Side of Beans
Diced Pear Cup
Fresh Orange

31 Stuffed Bread
With Spaghetti Sauce
Turkey & Cheese Sandwich
Steamed Broccoli
Cucumber Coins
Fresh Banana



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



ALL LUNCHEES 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 & 3/4 cup vegetable served daily

Welcome to our Lunch Cafe at...

HIGH Shepard School

May 2019

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Celery Sticks
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Shredded Carrots
All With
Applesauce
Fresh Pear

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Turkey & Cheese Sandwich
Shredded Carrots
Celery Sticks
Sliced Peaches
Fresh Red Delicious Apple

16 Homemade Pasta & Meatballs
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Side of Beans
Fresh Orange
Diced Pear Cup

17 Stuffed Bread
With Spaghetti Sauce
Turkey & Cheese Sandwich
Steamed Broccoli
Cucumber Coins
Fresh Banana

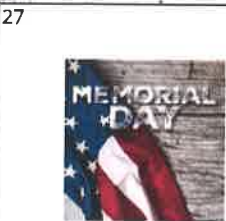
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