


# Welcome to our Lunch Cafe at...

# HIGH Shepard School

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Chicken Tenders Turkey & Cheese Sandwich Corn <i>All With</i> Fresh Red Delicious Apple Diced Pear Cup	4 Meatball Hero 🍔🍷 Glazed Carrots Turkey & Cheese Sandwich Shredded Carrots <i>All With</i> Applesauce Fresh Pear	5 Classic Cheese Pizza 🍷 Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple	6 Chicken Sandwich Turkey & Cheese Sandwich Side of Beans Diced Pear Cup Fresh Orange	7 Philly Cheese Steak 🍔 Turkey & Cheese Sandwich Steamed Broccoli Cucumber Coins Fresh Banana Pineapple Cup
10 Baked Chicken Tenders Turkey & Cheese Sandwich Corn <i>All With</i> Fresh Red Delicious Apple Diced Pear Cup	11 Cheeseburger Sweet Potato Fries Turkey & Cheese Sandwich Shredded Carrots <i>All With</i> Applesauce Fresh Pear	12 Classic Cheese Pizza 🍷 Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple	13 Homemade Pasta & Meatballs 🍔🍷 Turkey & Cheese Sandwich <i>All With</i> Side of Beans Diced Pear Cup Fresh Orange	14 
17	18	19 Classic Cheese Pizza 🍷 Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple	20 Crispy Chicken Sandwich Turkey & Cheese Sandwich <i>All With</i> Side of Beans Fresh Orange Pineapple Cup	21 Philly Cheese Steak 🍔 Turkey & Cheese Sandwich Steamed Broccoli Cucumber Coins Fresh Banana Pineapple Cup
24 Baked Chicken Tenders Turkey & Cheese Sandwich Corn <i>All With</i> Fresh Red Delicious Apple Diced Pear Cup	25 Meatball Hero 🍔🍷 Glazed Carrots Turkey & Cheese Sandwich Shredded Carrots <i>All With</i> Applesauce Fresh Pear	26 Classic Cheese Pizza 🍷 Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple	27 Cheeseburger Turkey & Cheese Sandwich <i>All With</i> Side of Beans Diced Pear Cup Fresh Orange	28



## HARVEST of the MONTH



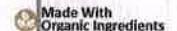
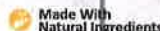
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.

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 ROIS**  
**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

At Whitsons, we are committed to supporting local farmers by sourcing fruits and vegetables ever available and in season. That means fresher, tastier and better for our customers, while helping to conserve the earth's resources, one meal at a time.



\*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.