



Welcome to our Lunch Cafe

Shepard School

January 2021

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

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.



4	5	6	7	8
11	12	13	14	15
18	19 Whole Grain Pancakes with Sausage Bagel with String Cheese ✓ Carrot Sticks Applesauce Fresh Pear Maple Syrup	20 Crispy Chicken Sandwich Bagel with String Cheese ✓ Carrot Sticks Celery Sticks Sliced Peaches Fresh Red Delicious Apple	21 Cheeseburger Bagel with String Cheese ✓ Pinto Beans Diced Pear Cup Fresh Orange	22 Cheesy Stuffed Bread Sticks ✓ Bagel with String Cheese ✓ Cucumber Coins Romaine Lettuce Pineapple Cup
25 Chicken Cut Up Double Drumstick Combo Dinner Roll Bagel with String Cheese ✓ Corn Fresh Red Delicious Apple Diced Pear Cup	26 Whole Grain Pancakes with Sausage Bagel with String Cheese ✓ Carrot Sticks Applesauce Fresh Pear Maple Syrup	27 Beef Hot Dog on Bun Bagel with String Cheese ✓ Celery Sticks Carrot Sticks Sliced Peaches Fresh Red Delicious Apple	28 Crispy Chicken Sandwich Bagel with String Cheese ✓ Carrot Sticks Celery Sticks Sliced Peaches Fresh Red Delicious Apple	29 Mozzarella Sticks ✓ Bagel with String Cheese ✓ Pinto Beans Diced Pear Cup Fresh Orange



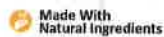
We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



ALL LUNCHES INCLUDE
PROTEIN
GRAIN
FRESH FRUIT
VEGETABLE
& LOW FAT MILK

DAILY CHOICE HOT OR COLD MENU
HOT FOOD IS PRECOOKED AND WILL BE SENT HOME FROZEN TO BE HEATED
COLD SANDWICHES ARE READY TO EAT
COLD PACKS WILL ACCOMPANY BOTH CHOICES AND ARE READY TO EAT

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



*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.