



# Welcome to our Lunch Cafe

# Shepard High School

# May 2021

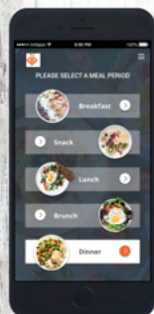
The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crispy Chicken Drumsticks Dinner Roll Or Bagel Lunch Sweet Corn Fresh Apple	4 Whole Grain Pancakes with Sausage And Syrup Or Bagel Lunch Baby Carrots Fresh Pear	5 Classic Cheese Pizza Or Bagel Lunch Celery Baby Carrots Fresh Orange	6 Cheeseburger Or Bagel Lunch Pinto Beans Plums	7 Beef Hot Dog on Bun Or Bagel Lunch Romaine Lettuce Cucumber Coins Fresh Orange
10 Baked Chicken Tenders Or Bagel Lunch Oven Baked Fries Fresh Apple	11 Chicken Delight Wrap Or Bagel Lunch Grape Tomatoes Fresh Pear	12 Barbecue Rib Sandwich Or Bagel Lunch Baby Carrots Celery Fresh Peach	13 Mozzarella Sticks Or Bagel Lunch Pinto Beans Fresh Orange	14 Whole Grain Pancakes with Sausage Syrup Or Bagel Lunch Baby Carrots Romaine Lettuce Fresh Orange
17 Crispy Popcorn Chicken Dinner Roll Or Bagel Lunch Fiesta Corn Fresh Apple Fresh Apple	18 Cheeseburger Or Bagel Lunch Sweet Potato Fries Fresh Orange	19 Beef Hot Dog on Bun Or Bagel Lunch Celery Baby Carrots Sliced Peaches	20 Chicken Delight Wrap Or Bagel Lunch Garbanzo Beans Pineapple Cup	21 Classic Cheese Pizza Or Bagel Lunch Romaine Lettuce Baby Carrots Fresh Apple
24 Crispy Chicken Drumstick Dinner Roll Or Bagel Lunch Oven Baked Fries Diced Pear Cup	25 Whole Grain Pancakes with Sausage Syrup Or Bagel Lunch Fresh Pear Baby Carrots	26 Crispy Chicken Sandwich Or Bagel Lunch Sweet Potato Fries Celery Sliced Peaches	27 Barbecue Rib Sandwich Or Bagel Lunch Black Beans Fresh Orange	28 Mozzarella Sticks Or Bagel Lunch Romaine Lettuce Baby Carrots Fresh Apple

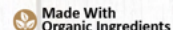
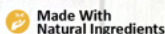
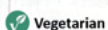
31

## 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.



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.



\*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.