

Welcome to our Lunch Cafe



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

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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.



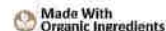
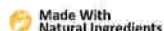
We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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 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.