



Welcome to our Lunch Cafe

Shepard High School

October 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

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.



1 Not-A-Nut Butter & Jelly Sandwich
 Bagel Lunch
 With Romaine Lettuce
 Cucumber Coins
 Fresh Orange

4 Baked Chicken Tenders
 Bagel Lunch
 Oven Baked Fries
 Fresh Apple

5 Bagel with String Cheese
 With Carrot Sticks
 Fresh Pear
 Apple Slices

6 Yogurt Lunch
 With Corn
 Celery
 Fresh Peach
 Pear and Pineapple
 Cup

7 Turkey & Cheese Sandwich
 Bagel Lunch
 With Pinto Beans
 Fresh Grapes
 Pineapple

8 Crispy Chicken Sandwich
 Bagel Lunch
 With Carrot Sticks
 Romaine Lettuce
 Cinnamon Applesauce
 Fresh Orange

11 Not-A-Nut Butter & Jelly Sandwich
 Bagel Lunch
 With Fiesta Corn
 Strawberries
 Fresh Apple

12 Ham & Cheese Sandwich
 Bagel Lunch
 Carrot Sticks
 Fresh Apple
 Fresh Orange

13 Chicken Caesar Salad
 Bagel Lunch
 With Celery
 Baby Carrots
 Diced Pear Cup
 Diced Peach Cup

14 Chicken Delight Wrap
 Bagel Lunch
 With Pinto Beans
 Pineapple Cup
 Fresh Grapes

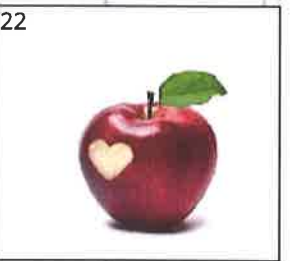
15 Tuna Salad Sandwich
 Bagel Lunch
 Carrot Sticks
 With Romaine Lettuce
 Diced Peach Cup
 Fresh Apple

18 Crispy Chicken Sandwich
 Bagel Lunch
 With Sweet Corn
 Diced Pear Cup
 Fresh Apple

19 Turkey & Cheese Sandwich
 Bagel Lunch
 With Carrot Sticks
 Diced Peach Cup
 Fresh Grapes

20 Ham & Cheese Sandwich
 Bagel Lunch
 All With Cucumber Coins
 Grape Tomatoes
 Sliced Peaches
 Cinnamon Applesauce

21 Chicken Delight Wrap
 Bagel Lunch
 With Black Beans
 Fresh Orange
 Pineapple



25 Classic Chef Salad
 Dinner Roll
 Bagel Lunch
 With Steamed Corn
 Fresh Orange
 Fresh Pear

26 Turkey & Cheese Sandwich
 Bagel Lunch
 With Baby Carrots
 Pear and Pineapple
 Cup
 Fresh Apple

27 Crispy Chicken Sandwich
 Bagel Lunch
 With Cucumber Coins
 Baby Carrots
 Fresh Orange
 Sliced Peaches

28 Ham & Cheese Sandwich
 Bagel Lunch
 With Black Beans
 Fresh Orange
 Pineapple

29 Not-A-Nut Butter & Jelly Sandwich
 Bagel Lunch
 With Romaine Lettuce
 Cucumber Coins
 Fresh Orange



Whitsons is 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
& CHOICE OF FAT FREE
OR LOW FAT MILK

Vegetarian Made With Natural Ingredients Pork Smart Choice Made With Organic Ingredients

*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.