



Welcome to our Lunch Cafe

Shepard 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.

4 Baked Chicken

5 With Bagel with String Cheese With Shredded Carrots Fresh Pear

6 Yogurt Lunch With Steamed Corn Celery Sticks Sliced Peaches

7 Turkey & Cheese Sandwich Bagel with String Cheese With Pinto Beans Fresh Grapes

8 Crispy Chicken Sandwich Bagel with String Cheese With Chilled Carrots Romaine Lettuce Fresh Orange

11 Not-A-Nut Butter & Jelly Sandwich Bagel with String Cheese With Fiesta Corn Fresh Red Delicious Apple

12 Ham & Cheese Sandwich Bagel with String Cheese With Chilled Carrots Fresh Orange

13 Chicken Caesar Salad Bagel with String Cheese With Celery Sticks Chilled Carrots Sliced Peaches

14 Chicken Delight Wrap Bagel with String Cheese With Side of Beans Pineapple Cup

15 Tuna Salad Sandwich Bagel with String Cheese With Shredded Carrots Romaine Lettuce Fresh Apple

18 Crispy Chicken Sandwich Bagel with String Cheese Steamed Corn With Diced Pear Cup

19 Turkey & Cheese Sandwich Bagel with String Cheese With Shredded Carrots Fresh Grapes

20 Ham & Cheese Sandwich Bagel with String Cheese With Tomatoes Cucumber Coins Sliced Peaches

21 Chicken Delight Wrap Bagel with String Cheese With Black Beans Fresh Orange

25 Classic Chef Salad Dinner Roll Bagel with String Cheese With Fiesta Corn Fresh Pear

26 Turkey & Cheese Sandwich Bagel with String Cheese With Shredded Carrots Fresh Apple

27 Crispy Chicken Sandwich Bagel with String Cheese With Shredded Carrots Cucumber Coins Sliced Peaches

28 Ham & Cheese Sandwich Bagel with String Cheese With Side of Beans Fresh Orange

29 Not-A-Nut Butter & Jelly Sandwich Bagel with String Cheese 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



*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.