



Welcome to our Lunch Cafe

Shepard High School

January 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 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 Sandwich Bagel with String Cheese Baby Carrots Pineapple Cup Fresh Orange	4 Ham & Cheese Sandwich Bagel with String Cheese Sweet Corn Fresh Pear Sliced Peaches	5 Yogurt Lunch Celery Fresh Peach Pear and Pineapple Cup	6 Chicken Delight Wrap Bagel with String Cheese Black Beans Fresh Green Grapes Fresh Orange	7 Not-A-Nut Butter & Jelly Sandwich Bagel Lunch With Romaine Lettuce Cucumber Coins Fresh Orange
10 Crispy Chicken Sandwich Bagel Lunch Oven Baked Fries Fresh Apple	11 Classic Chef Salad Bagel with String Cheese With Carrot Sticks Fresh Pear Apple Slices	12 Yogurt Lunch Bagel with String Cheese Celery Fresh Peach Pear and Pineapple Cup	13 Ham & Cheese Sandwich Bagel Lunch With Pinto Beans Fresh Grapes Pineapple	14 Chicken Delight Wrap Bagel Lunch With Carrot Sticks Romaine Lettuce Cinnamon Applesauce Fresh Orange
17	18 Ham & Cheese Sandwich Bagel Lunch Carrot Sticks Fresh Orange	19 Chicken Caesar Salad Bagel Lunch With Celery Baby Carrots Diced Pear Cup Diced Peach Cup	20 Chicken Delight Wrap Bagel Lunch With Pinto Beans Pineapple Cup Fresh Grapes	21
24 Crispy Chicken Sandwich Bagel Lunch With Sweet Corn Diced Pear Cup Fresh Apple	25 Turkey & Cheese Sandwich Bagel Lunch With Carrot Sticks Diced Peach Cup Fresh Grapes	26 Ham & Cheese Sandwich Bagel Lunch All With Cucumber Coins Grape Tomatoes Sliced Peaches Cinnamon Applesauce	27 Chicken Delight Wrap Bagel Lunch With Black Beans Fresh Orange Pineapple	28 Not-A-Nut Butter & Jelly Sandwich Bagel Lunch With Romaine Lettuce Baby Carrots Fresh Grapes Fresh Apple
31 Classic Chef Salad Dinner Roll Bagel Lunch With Steamed Corn Fresh Orange Fresh Pear				

HARVEST of the MONTH

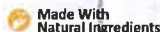
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



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.