



Welcome to our Lunch Cafe

Shepard School

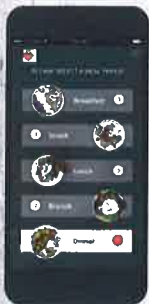
January 2022

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 Fresh Orange	4 Ham & Cheese Sandwich P Bagel with String Cheese Sweet Corn Fresh Pear	5 Yogurt Lunch V Bagel with String Cheese Celery Sticks Sliced Peaches	6 Chicken Delight Wrap Bagel with String Cheese Black Beans Fresh Green Grapes	7 Not-A-Nut Butter & Jelly Sandwich V Bagel with String Cheese With Romaine Lettuce Cucumber Coins Fresh Orange
10 Crispy Chicken Sandwich Bagel with String Cheese Fiesta Corn Fresh Red Delicious Apple	11 Classic Chef Salad P V With Bagel with String Cheese With Shredded Carrots Fresh Pear	12 Yogurt Lunch V Bagel with String Cheese With Steamed Corn Celery Sticks Sliced Peaches	13 Ham & Cheese Sandwich P Bagel with String Cheese With Pinto Beans Fresh Grapes	14 Chicken Delight Wrap Bagel with String Cheese With Chilled Carrots Romaine Lettuce Fresh Orange
17	18 Ham & Cheese Sandwich P Bagel with String Cheese With Chilled Carrots Fresh Orange	19 Chicken Caesar Salad V Bagel with String Cheese With Celery Sticks Chilled Carrots Sliced Peaches	20 Chicken Delight Wrap Bagel with String Cheese With Side of Beans Pineapple Cup	21
24 Crispy Chicken Sandwich Bagel with String Cheese Steamed Corn With Diced Pear Cup	25 Turkey & Cheese Sandwich Bagel with String Cheese With Shredded Carrots Fresh Grapes	26 Ham & Cheese Sandwich P Bagel with String Cheese With Tomatoes Cucumber Coins Sliced Peaches	27 Chicken Delight Wrap Bagel with String Cheese With Black Beans Fresh Orange	28 Not-A-Nut Butter & Jelly Sandwich V Bagel with String Cheese With Romaine Lettuce Baby Carrots Fresh Apple
31 Classic Chef Salad P V Dinner Roll Bagel with String Cheese With Fiesta Corn Fresh Pear				

HARVEST of the MONTH

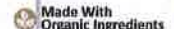
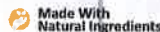
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



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.