Welcome to our Lunch Cafe

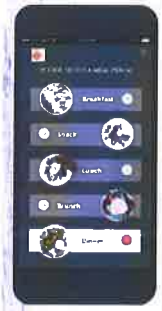
WHITSONS School Nutrition

Shepard School

June 2022

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 Ham & Cheese Sandwich (P) Bagel with String Cheese Four Bean Salad Fresh Grapes	2 Chicken Delight Wrap Bagel with String Cheese Baby Carrots Pineapple Cup	3 Not-A-Nut Butter & Jelly Sandwich Bagel with String Cheese With Romaine Lettuce Cucumber Coins Fresh Orange
6 Crispy Chicken Sandwich Bagel with String Cheese Fiesta Corn Fresh Red Delicious Apple	7 Classic Chef Salad (P) With Bagel with String Cheese With Shredded Carrots Fresh Pear	8 Yogurt Lunch Bagel with String Cheese With Steamed Corn Celery Sticks Sliced Peaches	9 Ham & Cheese Sandwich (P) Bagel with String Cheese With Pinto Beans Fresh Grapes	10 Chicken Delight Wrap Bagel with String Cheese With Chilled Carrots Romaine Lettuce Fresh Orange
13 Not-A-Nut Butter & Jelly Sandwich Bagel with String Cheese With Fiesta Corn Fresh Red Delicious Apple	14 Ham & Cheese Sandwich (P) Bagel with String Cheese With Chilled Carrots Fresh Orange	15 Yogurt Lunch Bagel with String Cheese With Celery Sticks Chilled Carrots Sliced Peaches	16	17
20	21	22	23	24
27	28	29	30	



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

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Vegetarian · Made With Natural Ingredients · (P) 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.