

Welcome to our Lunch Cafe at...

Shepard High School

December 2018



Monday

Tuesday

Wednesday

Thursday

Friday

3 Chicken Nuggets
Whole Wheat Dinner Roll
Fries
Or
Turkey & Cheese Sandwich
Corn
All With
Fresh Apple
Diced Pear Cup

4 Cheeseburger
Glazed Carrots
Or
Turkey & Cheese Sandwich
Carrot Sticks
Cinnamon Applesauce

5 Cheese Pizza
Or
Turkey & Cheese Sandwich
All With
Carrot Sticks
Celery Sticks
Fresh Apple
Sliced Peaches

6 Crispy Chicken Sandwich
Or
Turkey & Cheese Sandwich
All With
Pinto Beans
Fresh Orange
Diced Pear Cup

7 Philly Cheese Steak
Or
Turkey & Cheese Sandwich
All With
Broccoli
Cucumber Coins
Fresh Banana
Pineapple Cup

10 Buffalo Chicken Tenders
Whole Wheat Dinner Roll
Fries
Or
Turkey & Cheese Sandwich
Corn
All With
Fresh Apple
Diced Pear Cup

11 Barbecue Rib Sandwich
Glazed Carrots
Or
Turkey & Cheese Sandwich
Carrot Sticks
All With
Cinnamon Applesauce

12 Cheese Pizza
Or
Turkey & Cheese Sandwich
All With
Carrot Sticks
Celery Sticks
Fresh Apple
Sliced Peaches

13 Jamaican Beef Patty
Or
Turkey & Cheese Sandwich
All With
Pinto Beans
Fresh Orange
Diced Pear Cup

14

17 Chicken Nuggets
Whole Wheat Dinner Roll
Fries
Or
Turkey & Cheese Sandwich
Corn
All With
Fresh Apple
Diced Pear Cup

18 Cheeseburger
Glazed Carrots
Or
Turkey & Cheese Sandwich
Carrot Sticks
Cinnamon Applesauce

19 Cheese Pizza
Or
Turkey & Cheese Sandwich
All With
Carrot Sticks
Celery Sticks
Fresh Apple
Sliced Peaches

20 Crispy Chicken Sandwich
Or
Turkey & Cheese Sandwich
All With
Pinto Beans
Fresh Orange
Diced Pear Cup

21

24

25

26

27

28

31

HARVEST 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.



DAILY COLD ALTERNATES

- TUNA FISH SALAD ON A KAISER ROLL
- CHICKEN CAESAR SALAD ENTREE W/DINNER ROLLS
- COLD ENTREE SERVED WITH COLD VEGETABLE OF THE DAY AND FRUIT

All proteins meet 2 meat/meat alternate, 2 grains & 1/2 cup fruit served daily

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



ALL LUNCHESES INCLUDE PROTEIN FRESH FRUIT VEGETABLE & CHOICE OF MILK FAT FREE CHOCOLATE OR LOW FAT WHITE

