

Welcome to our Lunch Cafe at...

Shepard School

December 2018



Monday

Tuesday

Wednesday

Thursday

Friday

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

4 Cheeseburger
Glazed Carrots
Or
Turkey & Cheese Sandwich
Or
Turkey & Cheese Sandwich
Shredded Carrots
Applesauce

5 Classic Cheese Pizza
Or
Turkey & Cheese Sandwich
All With
Shredded Carrots
Celery Sticks
Fresh Apple
Sliced Peaches

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

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

10 Baked Chicken Tenders
Dinner Roll
Or
Turkey & Cheese Sandwich
Corn
All With
Fresh Red Delicious Apple
Diced Pear Cup

11 Barbecue Rib Sandwich
Glazed Carrots
Or
Turkey & Cheese Sandwich
Shredded Carrots
Applesauce

12 Classic Cheese Pizza
Or
Turkey & Cheese Sandwich
All With
Shredded Carrots
Celery Sticks
Fresh Apple
Sliced Peaches

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

14

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

18 Cheeseburger
Glazed Carrots
Or
Turkey & Cheese Sandwich
Shredded Carrots
All With
Applesauce

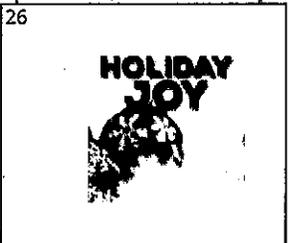
19 Classic Cheese Pizza
Or
Turkey & Cheese Sandwich
All With
Shredded Carrots
Celery Sticks
Sliced Peaches
Fresh Red Delicious Apple

20 Chicken Sandwich
Or
Turkey & Cheese Sandwich
All With
Side of Beans
Fresh Orange
Diced Pear Cup

21

24

25



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.



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

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

All proteins meet 2 meat/meat alternate,
2 Grains & 1/2 cup fruit & 3/4 cup vegetable served daily