

# Welcome to our Lunch Cafe



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Vegabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

# December 2022

# Shepard High School

## 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.



<p>5 Baked Chicken Tenders Whole Wheat Dinner Roll Fries Turkey &amp; Cheese Sandwich Corn All With Fresh Apple Diced Pear Cup</p>	<p>6 Cheeseburger Glazed Carrots Turkey &amp; Cheese Sandwich Carrot Sticks Cinnamon Applesauce</p>	<p>7 Cheese Pizza  Turkey &amp; Cheese Sandwich Celery Sticks Fresh Apple Sliced Peaches</p>	<p>8 Homemade Mac &amp; Cheese  Turkey &amp; Cheese Sandwich Baby Carrots Steamed Broccoli Fresh Orange</p>	<p>9 Cheesy Stuffed Bread Sticks  Spaghetti Sauce Turkey &amp; Cheese Sandwich Broccoli Cucumber Coins Fresh Banana Pineapple Cup</p>
<p>12 Chicken Nuggets Whole Wheat Dinner Roll Fries Turkey &amp; Cheese Sandwich Corn All With Fresh Apple Diced Pear Cup</p>	<p>13 Cheese Steak Sandwich  Glazed Carrots Turkey &amp; Cheese Sandwich Tomatoes Cinnamon Applesauce</p>	<p>14 Cheese Pizza  Turkey &amp; Cheese Sandwich Carrot Sticks Celery Sticks Fresh Apple Sliced Peaches</p>	<p>15 Mozzarella Sticks  Tomato Sauce Turkey &amp; Cheese Sandwich Spicy Four Bean Salad Pinto Beans Fresh Orange Diced Pear Cup</p>	<p>16</p>
<p>19 General Tso's Chicken  Whole Wheat Dinner Roll Fries Turkey &amp; Cheese Sandwich Corn All With Fresh Apple Diced Pear Cup</p>	<p>20 Cheeseburger Glazed Carrots Turkey &amp; Cheese Sandwich Carrot Sticks Cinnamon Applesauce</p>	<p>21 Cheese Pizza  Turkey &amp; Cheese Sandwich Carrot Sticks Celery Sticks Sliced Peaches Fresh Apple</p>	<p>22 Crispy Chicken Sandwich Turkey &amp; Cheese Sandwich Pinto Beans Fresh Orange Diced Pear Cup</p>	<p>23</p>
<p>26 <b>WINTER RECESS!</b> <b>SCHOOL CLOSED</b></p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30 </p>

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

\*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.

\*\*\*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

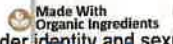


LUNCH \$4.25

ALL LUNCHES INCLUDE PROTEIN FRESH FRUIT VEGETABLE & CHOICE OF MILK FAT FREE CHOCOLATE

LOW FAT WHIP

DAILY COLD ALTERNATES  
Turkey Sandwich, Bagel Lunch or CHICKEN CAESAR SALAD ENTREE W/DINNER ROLLS  
COLD ENTREE SERVED WITH COLD VEGETABLE OF THE DAY AND FRUIT



All proteins meet 2 meat/meat