

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 Veggabools promotion.



December 2022

Monday

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.



Tuesday

Wednesday

Thursday

Friday

5 Baked Chicken Tenders
Oven Baked Fries
Dinner Rolls
Turkey & Cheese Sandwich
Sweet Corn
Fresh Apple
Diced Pear Cup

6 Cheeseburger
Baked Sweet Potatoes
Or
Turkey & Cheese Sandwich
Shredded Carrots
All With Applesauce

7 Cheese Pizza 🌱🍌
Or
Turkey & Cheese Sandwich
All With Shredded Carrots
Celery Sticks
Sliced Peaches

1 Beef Hot Dog on Bun
Turkey & Cheese Sandwich
Black Beans
Fresh Orange
Pineapple Cup

2 Mozzarella Sticks 🌱
Tomato Sauce
Turkey & Cheese Sandwich
Dinner Rolls
Cucumber Coins
Steamed Broccoli
Diced Pear Cup

12 Chicken Nuggets
Oven Baked Fries
Dinner Roll
Or
Turkey & Cheese Sandwich
All With Steamed Corn
Fresh Red Delicious Apple

13 Cheese Steak Sandwich 🍌
Sweet Potato Fries
Glazed Carrots
Or Turkey & Cheese Sandwich
Tomatoes
Fresh Nectarine

14 Cheese Pizza 🌱🍌
Or Turkey & Cheese Sandwich
All With Shredded Carrots
Celery Sticks
Sliced Peaches

15 Mozzarella Sticks 🌱
Spaghetti Sauce
Or Turkey & Cheese Sandwich
Side of Beans
Diced Pear Cup
Fresh Orange

16

19 General Tso's Chicken 🍌
Oven Baked Fries
Dinner Roll
Or Turkey & Cheese Sandwich
With Steamed Corn
Fresh Red Delicious Apple

20 Cheeseburger
Sweet Potato Fries
Or Turkey & Cheese Sandwich
All With Shredded Carrots
Fresh Nectarine

21 Cheese Pizza 🌱🍌
Or Turkey & Cheese Sandwich
All With Shredded Carrots
Celery Sticks
Sliced Peaches

22 Homemade Pasta & Meatballs 🍌🍌
Cucumber Coins
Or Turkey & Cheese Sandwich
Diced Pear Cup

23

26

27

28

29



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.

*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.



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

DAILY COLD ALTERNATES
TURKEY SANDWICH
CHICKEN CAESAR SALAD/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

