



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

March 2023

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.



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

7 Cheeseburger
Sweet Potato Fries
Turkey & Cheese Sandwich
All With Carrot Sticks
Cinnamon Applesauce

1 Cheese Pizza
Turkey & Cheese Sandwich
Baby Carrots
Celery
Fresh Apple
Sliced Peaches

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

3 Homemade Mac & Cheese
Sweet Corn
Chilled Red Pepper Strips
Turkey & Cheese Sandwich

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

14 Cheeseburger
Sweet Potato Fries
Turkey & Cheese Sandwich
Carrot Sticks
Fresh Nectarine
Cinnamon Applesauce

15 Cheese Pizza
Turkey & Cheese Sandwich
Carrot Sticks
Celery Sticks
Fresh Apple
Sliced Peaches

16 Mozzarella Sticks
Spaghetti Sauce
Turkey & Cheese Sandwich
Pinto Beans
Fresh Orange
Diced Pear Cup

17 Wing Shack BBQ Style
Chicken Wings
Turkey & Cheese Sandwich
Broccoli
Cucumber Coins
Pineapple Cup
Fresh Peach

20 Cheeseburger
Turkey & Cheese Sandwich
Oven Baked Fries
Baked Beans
All With
Fresh Apple
Diced Pear Cup

21 Chicken Nuggets
Whole Wheat Dinner Roll
Sweet Potato Fries
Turkey & Cheese Sandwich
Diced Pear Cup

22 Cheese Pizza
Turkey & Cheese Sandwich
Carrot Sticks
Celery Sticks
Sliced Peaches
Fresh Apple

23 Homemade Pasta & Meatballs
Turkey & Cheese Sandwich
Side Garden Salad
Fresh Orange
Diced Pear Cup

24 Cheesy Stuffed Bread Sticks
Or Cheesy Stuffed Bread Sticks
Spaghetti Sauce
Turkey & Cheese Sandwich
Broccoli
Cucumber Coins
Pineapple Cup

27 Baked Chicken Tenders
Whole Wheat Dinner Roll
Turkey & Cheese Sandwich
Corn
Diced Pear Cup

28 Homemade Mac & Cheese
Turkey & Cheese Sandwich
All With Broccoli
Cucumber Coins
Pineapple Cup

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

30 Chicken and Waffles
Cinnamon & Honey
Roasted Beans
Turkey & Cheese Sandwich
Cinnamon Applesauce

31 Grilled Cheese Sandwich
Turkey & Cheese Sandwich
All With Broccoli
Cucumber Coins
Pineapple Cup



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 W/DINNER ROLLS
COLD ENTREE SERVED WITH COLD VEGETABLE OF THE DAY AND FRUIT
All proteins meet 2 meat/meat alternate,
2 grains & 1 cup fruit & veg served daily

