



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

7 Cheeseburger  
Baked Sweet Potatoes  
Turkey & Cheese Sandwich  
Cucumber Coins  
All With 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  
Dinner Roll  
Turkey & Cheese Sandwich  
With Steamed Corn

13 Baked Chicken Tenders  
Dinner Roll  
Turkey & Cheese Sandwich  
All With Steamed Corn

14 Cheeseburger  
Sweet Potato Fries  
Turkey & Cheese Sandwich  
All With Shredded Carrots  
Diced Pear Cup

15 Cheese Pizza  
Turkey & Cheese Sandwich  
All With Shredded Carrots  
Celery Sticks  
Sliced Peaches

16 Mozzarella Sticks  
Tomato Sauce  
Turkey & Cheese Sandwich  
Sriracha Garbanzo Beans  
Fresh Orange

17 Wing Shack BBQ Style  
Chicken Wings  
Dinner Roll  
Turkey & Cheese Sandwich  
All With Cucumber Coins  
Steamed Broccoli  
Fresh Apple

20 Cheeseburger  
Sweet Potato Fries  
Turkey & Cheese Sandwich  
Baked Beans  
All With Shredded Carrots  
Fresh Grapes

21 Chicken Nuggets  
Turkey & Cheese Sandwich  
Steamed Corn  
Diced Pear Cup

22 Cheese Pizza  
Turkey & Cheese Sandwich  
All With Shredded Carrots  
Celery Sticks  
Sliced Peaches

23 Homemade Pasta & Meatballs  
Dinner Roll  
Turkey & Cheese Sandwich  
Side Garden Salad  
With Steamed Corn

24 Cheesy Stuffed Bread Sticks  
With Spaghetti Sauce  
Turkey & Cheese Sandwich  
Steamed Broccoli  
Cucumber Coins  
Fresh Banana

27 Baked Chicken Tenders  
Oven Baked Fries  
Turkey & Cheese Sandwich  
Diced Pear Cup

28 Homemade Mac & Cheese  
Dinner Roll  
Turkey & Cheese Sandwich  
With Steamed Corn

29 Cheese Pizza  
Turkey & Cheese Sandwich  
All With Shredded Carrots  
Celery Sticks  
Sliced Peaches

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

31 Grilled Cheese Sandwich  
Turkey & Cheese Sandwich  
Steamed Broccoli  
Cucumber Coins  
Diced Pear 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](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.

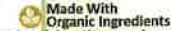
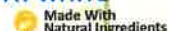
\*\*Menu is subject to change, notice posted when available.

\*\*\*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.



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



### DAILY COLD ALTERNATES

#### TURKEY SANDWICH

#### CHICKEN CAESAR SALADW/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