

Lunch Menu

Shepard Preparatory High School

February 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Chicken Parmesan Sandwich
Oven Baked Fries
Roasted Mixed Veggies
Cucumber Coins
Fresh Apple

6 Beef and Cheese Quesadilla
Beans & Rice
Green Beans
Fresh Peach

7 Cheese Pizza
Celery Sticks
Carrot Sticks
Sliced Peaches

1 Homemade Pasta & Meatballs
Fresh Pear
Cherry Tomatoes

2 Beef Hot Dog on Bun
Crispy Potato Puffs
Steamed Carrots
Applesauce
Celery

12 Salisbury Steak
Mashed Potatoes
Steamed Broccoli
Fresh Apple
Cucumber Coins

13 Sweet & Sour Chicken Sauce & Toss
Vegetable Fried Rice
Cinnamon Applesauce
Pepper Strips

14 Homemade Chicken & Broccoli Alfredo
Whole Wheat Dinner Roll
Fresh Fruit Cup
Celery Sticks
Fresh Baby Carrots
Sliced Peaches

15 Baked Chicken Tenders
Oven Baked Fries
Cauliflower
Fresh Pear

16 Breaded Fish Sticks
Brown Rice Pilaf
Sweet Corn
Fresh Pear

19

20

21

22 Crispy Tacos
Fiesta Corn
Fresh Pear

23 Homemade Sliders
Oven Baked Fries
Steamed Peas

26 Cheesy Stuffed Bread Sticks
Cucumber Coins
Caesar Salad
Fresh Apple

27 Classic Tex Mex Burrito
Refried Beans
Caesar Salad
Cinnamon Applesauce

28 Cheese Pizza
Fresh Baby Carrots
Celery Sticks
Sliced Peaches

29 Chicken Bowl with Gravy
Whole Wheat Dinner Roll
Black Bean and Pepper Salad
Fresh Pear



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

Vegetarian

Made With Natural Ingredients

DAILY ALTERNATES
TURKEY SANDWICH or Ham Sandwich
CHICKEN CAESAR SALAD/DINNER ROLLS
Grilled Cheese Sandwich
Bagel Lunch
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

Smart Choices

Made With Natural Ingredients