

# Lunch Menu

Shepard

March  
2024

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

Monday

Tuesday


Wednesday

Thursday

Friday

4 Chicken Parmesan Sandwich  
Sweet Potato Fries  
Turkey & Cheese Sandwich  
Fresh Apple

5  Chicken Fajita  
Brown Rice  
Black Beans  
Sauteed Onions & Peppers  
Pineapple Cup  
Turkey & Cheese Sandwich

6 Cheese Pizza    
Baby Carrots  
Celery Sticks  
Sliced Peaches  
Turkey & Cheese Sandwich

7 Chicken Bowl with Gravy  
Steamed Broccoli  
Fresh Apple  
Turkey & Cheese Sandwich




8 Cinnamon French Toast   
Turkey Sausage Patty  
Crispy Potato Puffs  
Applesauce  
Turkey & Cheese Sandwich

IT'S BRUNCH FOR LUNCH TIME

11 Homemade Mac & Cheese    
Roasted Broccoli  
Chicken Caesar Salad 

MEATLESS MONDAY

12 Beef and Cheese Quesadilla   
Refried Beans  
Cinnamon Applesauce  
Chicken Caesar Salad 

13 Cheese Pizza    
Garden Salad  
Diced Pear Cup  
Chicken Caesar Salad 



14 Incredibowls Chicken & Vegetable Rice   
Fresh Orange  
Chicken Caesar Salad 



18 Chicken Nuggets  
Sweet Potato Fries  
Fresh Apple  
Bagel Lunch

19 Incredibowls Fiesta Chicken & Rice Bowl    
Pinto Beans  
Fresh Orange  
Bagel Lunch



20 Cheese Pizza    
Celery Sticks  
Sliced Peaches  
Bagel Lunch

21 Yard Bird Classic Chicken Sandwich  
Crispy Potato Puffs  
Apple Slices IW  
100/2oz  
Bagel Lunch



22 BBQ Chicken Sauce & Toss  
Vegetable Rice Pilaf  
Steamed Broccoli  
Fresh Orange  
Bagel Lunch



25 Barbecue Rib Sandwich  
Crispy Potato Puffs  
Sliced Peaches  
Turkey & Cheese Sandwich

26 Classic Tex Mex Burrito   
Refried Beans  
Cinnamon Applesauce  
Turkey & Cheese Sandwich

27 Cheese Pizza    
Garden Salad  
Diced Pear Cup  
Turkey & Cheese Sandwich

28 Homemade Mac & Cheese    
Green Beans  
Fresh Pear  
Turkey & Cheese Sandwich

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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.



Sun-Butter w/Jelly Sandwich Served Daily  
ALL LUNCHES INCLUDE  
PROTEIN  
FRESH FRUIT  
VEGETABLE  
& CHOICE OF MILK

## DAILY ALTERNATES

Monday- Grilled Cheese

Tuesday- Chicken Patty Sandwich

Wednesday- Cheeseburger

Thursday- Chicken Tenders