

# Lunch Menu

Shepard Preparatory High School

April 2024

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

## Monday



## Tuesday

## Wednesday

## Thursday

## Friday

8 Beef Hot Dog on Bun  
Steamed Broccoli  
Applesauce

2 Chicken Nuggets  
Sweet Potato Fries  
Applesauce

3 Meatball Sandwich  
Homemade Lite  
Veggie Pasta Salad  
Cinnamon  
Applesauce  
Watermelon Slices

4 Bacon Cheeseburger  
Green Beans  
Fresh Pear

5 Classic Cheese Pizza  
Garden Salad  
Fresh Orange



Weekly Deli: Turkey & Cheese Sandwich

8 Beef Hot Dog on Bun  
Steamed Broccoli  
Applesauce

9 Mission Burrito  
Sweet & Spicy  
Roasted Corn  
Fresh Banana

10 Veggie Burger on Bun  
Steamed Carrots  
Apple Slices

11 Crispy Chicken  
Drumstick  
Mashed Potatoes  
Steamed Peas  
Fresh Pear

12 Classic Cheese Pizza  
Garden Salad  
Fresh Orange

Weekly Deli: Turkey & Cheese Sandwich

15 Homemade Mac & Cheese  
Roasted Broccoli  
Applesauce

16 Nachos Grande  
Refried Beans  
Fiesta Corn  
Fresh Banana

17 Meatball Dunkers  
Pasta with Sauce  
Green Beans  
Homemade Garlic  
Bread

18 Tot Spot's BBQ  
Chicken Tater Tots  
Chicken Caesar  
Salad  
Fresh

19 Classic Cheese Pizza  
Caesar Salad  
Fresh Orange



Weekly Deli: Turkey & Cheese Sandwich

22

23

24

25

6

SPRING  
BREAK!  
SCHOOL  
CLOSED



29 Cinnamon French  
Toast  
Crispy Potato Puffs  
Syrup  
Applesauce

30 Soft Tacos  
Refried Beans  
Corn & Pepper Salad  
Fresh Banana



Weekly Deli: Turkey & Cheese Sandwich

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.



Bagel Lunches Served Daily

Chicken Caesar Salad Served Daily

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

