

Lunch Menu

Shepard

School

April 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



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

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25

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