



Welcome to our Lunch Cafe

Huntington Finley Middle School

March 2023



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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

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.



1 Wing Shack Chicken Wings
Dinner Rolls
Celery
And Carrot Sticks
Fresh Pear
Applesauce

2 Baked Potato Bar
Dinner Rolls
Steamed Broccoli
Sriracha Northern Beans
Fresh Orange
Diced Pear Cup

3 Chicken Bowl with Gravy
With Dinner Rolls
Or Breaded Fish Sticks
Steamed Carrots
Black Beans
Fresh Apple
Mixed Fruit

6 Fish Patty Melt Sandwich
Or Veggabols BBQ
Chickpea Rice Bowl
Steamed Broccoli
Baby Carrots
Fresh Banana
Apricot Cup
Tartar Sauce

7 Crispy Popcorn Chicken
Brown Rice
Sweet Potato Fries
Celery
Fresh Orange
Mixed Berry Cup
Applesauce



8 Homemade Mac & Cheese
Steamed Spinach
Grape Tomatoes
Fresh Apple
Diced Pear Cup
Applesauce

9 Chicken Parmesan Over Pasta
Side Garden Salad
Cucumber Coins
Fresh Pear
Mixed Fruit
Applesauce

10 Mission Burrito
Or Breaded Fish Sticks
Whole Wheat Dinner Roll
Sweet Corn
Mexican Style Black Beans
Fresh Apple
Diced Peaches
Applesauce

13 Cheesy Stuffed Bread Sticks
Marinara Sauce
Or Veggabols BBQ
Chickpea Rice Bowl
Sweet Corn
Fresh Cucumber Salad
Fresh Pear
Applesauce

14 Pork Carnitas
Brown Rice Pilaf
Steamed Carrots
Celery Sticks
Fresh Apple
Mixed Berry Cup



15 Turkey Hot Dog on Bun
Baked Beans
Fresh Baby Carrots
Fresh Orange
Applesauce

16 Pasta with Meat Sauce
Steamed Broccoli
Grape Tomatoes
Fresh Apple
Mixed Fruit

(Beef Meat Sauce)

17 Nashville Hot Kickin' Chicken Sandwich
Or Breaded Fish Sticks
Whole Wheat Dinner Roll
Oven Baked Fries
Black Bean and Pepper Salad
Fresh Pear
Applesauce

NASHVILLE



20 Mozzarella Sticks
Marinara Sauce
Or Veggabols BBQ
Chickpea Rice Bowl
Side Garden Salad
Celery Sticks
Fresh Orange
Applesauce

21 Crispy Popcorn Chicken
Brown Rice
Steamed Carrots
Celery
Fresh Apple
Diced Pear Cup



22 Smokehouse Pulled Pork Sandwich
Sweet Potato Fries
Homemade Deli Style
Coleslaw
Fresh Pear
Diced Peaches

23 Pasta with Chicken
Sautéed Broccoli
Steamed Carrots
Grape Tomatoes
Fresh Apple
Mixed Fruit

24 Ruby's Chicken Cordon Bleu
Or Breaded Fish Sticks
Whole Wheat Dinner Roll
Oven Baked Fries
Sriracha Garbanzo Beans
Fresh Orange
Applesauce

27 Cheesy Stuffed Bread Sticks
Marinara Sauce
Or Veggabols BBQ
Chickpea Rice Bowl
Sweet Corn
Cucumber Coins
Fresh Pear
Applesauce

28 General Tso's Chicken
Brown Rice Pilaf
Steamed Broccoli
Fresh Baby Carrots
Fresh Apple
Mixed Fruit

29 Chicken Gyro
Pita Bread
Sweet Potato Fries
Celery
Fresh Orange
Apricot Cup



30 Belgian Waffle with Caramelized Apples
Egg Patty
Turkey Sausage Patty
Steamed Carrots
Side Garden Salad
Honeydew and Cantaloupe Cup



31 Toasty Garlic Mozzarella Sandwich with Tomato
Or Breaded Fish Sticks
Northern Beans
Grape Tomatoes
Fresh Apple
Mixed Berry 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.

*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.



Paid Lunch \$3.25

Reduced/Free Lunch \$0

Adult \$5.09 Plus Tax

All Meals served with Choice of: 1%

White or Fat Free flavored Milk,

Fruit Choice W.G. Bread, Protein

& Vegetable Choices,

Condiments and L.F. Dressings

Daily Lunch Offerings -Fruit Express-Pre-made Sandwiches-Ham(P),

Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable

toppings on W.G. Breads. : Yogurt Parfaits- made with ORGANIC Yogurt,

Fruit & Granola. Yogurt & Fruit Smoothie (served w/ 2 Dinner rolls or

Pretzels). Salads served with 2 W.G. Dinner roll

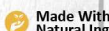
Ruby's Grill Choices: Grilled Cheese, Chicken Patty or burger on W.W.

Bun Coyote Grill: Nachos

Pizza:, Cheese, Pepperoni (beef & pork)



Vegetarian



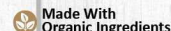
Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients