



Welcome to our Lunch Cafe



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.



March 2023

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.



6 Fish Patty Melt Sandwich
Or Veggabol BBQ Chickpea Rice Bowl

Apricot Cup
Oven Baked Fries
Fresh Baby Carrots
Fresh Banana
Tartar Sauce

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

HARVEST

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

9 Cheesy Stuffed Bread Sticks
Marinara Sauce
Garden Salad
Cucumber Coins
Fresh Apple
Mixed Fruit

10 Mission Burrito
Or Fish Patty Melt Sandwich
Sweet Corn
Mexican Style Black Beans
Fresh Apple
Diced Peaches

13 Mozzarella Sticks
With Marinara Sauce
Or Veggabol Enchilada
Bean Chili Bowl

Steamed Carrots
Fresh Cucumber Salad
Fresh Pear
Applesauce

14 Smokehouse Pulled Pork Sandwich
Sweet Potato Fries
Homemade Deli Style Coleslaw
Fresh Apple
Mixed Berry Cup

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

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

17 Nashville Hot Kickin' Chicken Sandwich
Or Fish Patty Melt Sandwich
Oven Baked Fries
Black Bean and Pepper Salad
Fresh Pear
Applesauce

NASHVILLE

20 Cheesy Stuffed Bread Sticks
Marinara Sauce
Or Veggabol BBQ Chickpea Rice Bowl

Side Garden Salad
Celery Sticks
Fresh Orange
Applesauce

21 Crispy Popcorn Chicken
Dinner Rolls
Steamed Carrots
Celery Sticks
Fresh Apple
Diced Pear Cup

HARVEST

NEW

22 Pork Carnitas
Brown Rice Pilaf
Sweet Corn
Fresh Cucumber Salad
Fresh Pear
Diced Peaches

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

24 Chicken Gyro
Or Fish Patty Melt Sandwich
Oven Baked Fries
Sriracha Garbanzo Beans
Fresh Orange
Apricot Cup

27 Homemade Waffles fluffy made from scratch Belgian style waffles
With Egg Patty
Turkey Sausage Patty
Or Veggabol Enchilada
Bean Chili Bowl

Roasted Potatoes
Fresh Cucumber Salad
Fresh Pear
Applesauce

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

29 Meatloaf with Gravy
Dinner Rolls
Fluffy Mashed Potatoes
Side Garden Salad
Fresh Orange
Apricot Cup

(Beef)

30 Chicken Parmesan Sandwich
Steamed Carrots
Celery Sticks
Honeydew and Cantaloupe Cup
Diced Peaches

HARVEST

31 Toasty Garlic Mozzarella Sandwich with Tomato
Or Fish Patty Melt Sandwich
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 - Ciabatta Sams: Pre-made Sandwiches- Ham(P), Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable toppings on W.G. Breads.

Fruit Express: 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, Tacos
Pizza: Cheese, Pepperoni (beef & pork) and Daily Special
Apple Juice available

Available Daily- Apple Juice.

