



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 Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

February 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 Wing Shack Honey BBQ
Glazed Chicken Wings
Sweet Potato Fries
Garden Salad
100% Apple Grape Juice

2 Crispy Chicken Sandwich
Sweet Corn
Garden Salad
Fresh Apple
100% Apple Juice

3

SCHOOL CLOSED TODAY

6 Turkey Burger
Chicken Caesar Salad
Oven Baked Fries
Fresh Pear
100% Apple Juice

7 Nachos Grande
Sauteed Corn & Black Bean Salsa
Garden Salad
100% Apple Grape Juice

8 Chicken and Waffles
Turkey Salad Plate with Dinner Rolls
Chicken Club Sandwich
Sweet Potato Fries
Garden Salad
Fresh Orange
100% Orange Juice

9 Philly Cheese Steak
American Beauty
Buffalo Chicken Salad with Dinner Rolls
Green Beans
Garden Salad
Fresh Apple
100% Fruit Punch Juice

10 Chicken Parmesan Sandwich
Fiesta Taco Salad
Classic Cheese Pizza
Crispy Potato Puffs
Garden Salad
Fresh Banana
100% Apple Grape Juice

13 French Bread Pizza
Fiesta Taco Salad
Chicken Caesar Wrap
Green Beans
Garden Salad
Cinnamon Applesauce
100% Orange Juice

14 Walking Taco
Chicken Fajita Wrap
Chicken Waldorf Salad with Dinner Rolls
Fiesta Corn
Garden Salad
Pineapple Cup
100% Apple Grape Juice

15 Baked Chicken Tenders
Homemade Mac & Cheese Side
BLT Sandwich
Cobb Salad
Steamed Peas
Garden Salad
Fresh Grapes
100% Apple Grape Juice

16 Ranch & Chicken Quesadilla
Philly Cheesesteak Wrap
Salad Plate With Crispy Chicken
Sweet Potato Fries
Garden Salad
Fresh Orange
100% Orange Juice

17 Mozzarella Sticks
Fiesta Taco Salad
Chicken Caesar Wrap
Oven Baked Fries
Sliced Peaches
Garden Salad
100% Fruit Punch Juice

20



21 Chicken Fajita Wrap
Tuna Salad Melt
Mexican Salad
Mexican Style Black Beans
Pineapple Cup
Garden Salad
100% Fruit Punch Juice

22 Whole Grain Waffles with Sausage
Turkey Salad Plate with Dinner Rolls
Chicken Club Sandwich
Crispy Potato Puffs
Garden Salad
100% Orange Juice

23 Chicken and Roasted Broccoli Mac & Cheese
Turkey Sandwich
Salad Plate With Crispy Chicken
Wild Cherry Frozen Fruit Bar
Applesauce
Garden Salad
100% Orange Juice

24 Pepperoni Pizza
Broccoli Pizza
Classic Cheese Pizza
Fiesta Taco Salad
Spicy Honey Carrots
Garden Salad
Fresh Banana
100% Apple Grape Juice

27 Breaded Fish Sticks
Chicken Caesar Salad
Grilled Cheese Sandwich
Buttered Corn
Garden Salad
100% Apple Juice
Fresh Orange

28 Chili Cheese Dog
Buffalo Chicken Salad with Dinner Rolls
Turkey Sandwich
Baked Beans
Fresh Orange
Garden Salad
100% Fruit Punch Juice

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.



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)

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