

Lunch Menu

Middle Country Kindergarten Elementary Menu

January
2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3 Grilled Cheese Sandwich  Sweet Corn Fresh Apple Diced Pear Cup	4 Chicken Nuggets Pretzel Oven Baked Fries Baked Beans Apple Slices Sliced Oranges	5 Classic Cheese Pizza   Steamed Broccoli Fresh Baby Carrots Sliced Oranges Strawberries
8 Cheesy Stuffed Bread Sticks  With Tomato Sauce Green Beans Side Garden Salad Sliced Oranges Fresh Pear 	9 Whole Grain Pancakes with Sausage And Syrup Crispy Potato Puffs Fresh Baby Carrots Apple Slices Diced Pear Cup 	10 Mozzarella Sticks  With Tomato Sauce Chickpea Salad Cherry Tomatoes Fresh Pear Diced Peaches 	11 Baked Chicken Tenders Whole Wheat Dinner Roll Sweet Corn Fresh Baby Carrots Fresh Apple Sliced Oranges	12 Classic Cheese Pizza   Steamed Broccoli Cucumber Coins Fresh Grapes Applesauce 
15 	16 Ham & Cheese Bagel Melt  Crispy Potato Puffs Fresh Baby Carrots Apple Slices Fresh Pear 	17 Cheeseburger Or NY Beef Burger Baked Beans Cherry Tomatoes Sliced Oranges Diced Pear Cup	18 Meatball Dunkers French Bread Green Beans Side Garden Salad Apple Slices Diced Peaches	19 Classic Cheese Pizza   Steamed Broccoli Fresh Baby Carrots Fresh Pear Fresh Grapes LUCKY TRAY DAY!
22 Grilled Cheese Sandwich  Steamed Carrots Side Garden Salad Fresh Apple Diced Peaches 	23 Egg and Cheese Sandwich  Crispy Potato Puffs Fresh Baby Carrots Sliced Oranges Applesauce 	24 Cheese Quesadilla  Fiesta Corn Chilled Red Pepper Strips Fresh Banana Diced Pear Cup	25 Crispy Chicken Sandwich Baked Beans Cucumber Coins Apple Slices Sliced Oranges	26 Classic Cheese Pizza   Or Pepperoni Pizza Steamed Broccoli Side Garden Salad Fresh Pear Diced Peaches STUDENT APPRECIATION DAY
29 Mozzarella Sticks  With Tomato Sauce Sweet Corn Cucumber Coins Fresh Pear Applesauce 	30 Cinnamon French Toast  With Turkey Sausage Patty Crispy Potato Puffs Fresh Baby Carrots Sliced Oranges 100% Apple Juice 	31 Homemade Mac & Cheese   Steamed Broccoli Cucumber Coins Apple Slices Strawberries	<p>All Students can receive one NO COST breakfast and lunch meal daily in school year 2023-24.</p> <p>Please complete a Household Income Eligibility Form to help sustain the NO CHARGE meal program and other benefits.</p>	



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.

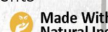


NO CHARGE Breakfast and Lunch Meals
for SY 2023-2024 for ALL Students

Complete a Household Income Eligibility Form to help sustain the free meal program and additional State and Federal benefits



Vegetarian



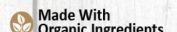
Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

Daily Alternates
Garden Salad, Grilled Cheese, Cheese Pizza,
Bagel Lunch, Yogurt Lunch or Yogurt Parfait
Carrots, Cucumber
Apples and Oranges
Assorted condiments available
Choice of 1%, Skim or Fat Free Chocolate Milk