



We Purchase Locally & Offer Gluten Free Foods! If you have a food allergy please speak to the manager, chef, cook or server.

Monday

Tuesday

Wednesday

Thursday

Friday

1 Popcorn Chicken
bite size crispy breaded chicken, perfect for dipping in your favorite sauce
with WW Dinner Roll
Peas
Celery Sticks
Blueberries
and 100% Juice Fruit Punch

2 Cheesy Stuffed Breadsticks
gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce ✓
with Baby Carrots
Sweet Red Pepper Strips
Diced Pears
and Fresh Orange

3 Pancakes with Turkey Sausage
light and fluffy whole grain pancakes served with turkey sausage
with Hash Browns
Broccoli Florets
Baby Carrots
Applesauce
and Banana

4 Meatball Hero
beef and chicken meatballs on a whole wheat kaiser roll, topped with tomato sauce and melted mozzarella cheese
with Vegetarian Baked Beans
Cucumber Coins
Fresh Orange
and Banana

5 Cheese Pizza ✓
or Chicken Pepperoni Pizza
Caesar Side Salad
with Broccoli Florets
Veggie Dippers
Fresh Orange
100% Juice Fruit Punch

Receive a Safari Sticker when you enjoy Lunch with us today!

Weekly Alternate: Boar's Head Ham Sandwich on a whole wheat wrap

8 All Natural Chicken Nuggets
with Corn
and WW Dinner Roll
Cucumber Coins
Fresh Pear
Fresh Apple

9 Grilled Cheese Sandwich
melty American cheese sandwiched between two slices of grilled whole wheat bread
with Baked Tater Tots
Steamed Carrots
Veggie Dippers
Fresh Orange
and Banana

10 Hot Dog on a Bun
beef hot dog nestled on a soft bun and topped with your choice of condiments
with Carrot Sticks w/ Ranch Dip
Cucumber Coins
Applesauce
and Banana

11 Cheese Pizza ✓
Chicken Pepperoni Pizza
cheesy pizza topped with chicken pepperoni, made with a whole grain crust
Garbanzo Beans
Celery Sticks
Red Delicious Apple
Fresh Orange
and Apple 100% Juice

12 No School

Weekly Alternate Meal: Hummus Platter w/ cucumbers, celery, carrots and whole wheat pita bread

15 President's Day

16 Waffles with Turkey Sausage
light and crisp whole grain waffles served with a sausage patty
with Hash Browns
Baby Carrots
Cucumber Coins
Apple 100% Juice
and Banana

17 Macaroni & Cheese
whole grain rich pasta elbows in a creamy cheese sauce
with WW Dinner Roll
Sweet Red Pepper Strips
Celery Sticks
Fresh Apple
and Fresh Pear

18 Loaded Beef Nachos
crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo
Spanish Rice
with Vegetarian Baked Beans
Cucumber Coins
100% Juice Fruit Punch
and Fresh Orange

19 Cheese Pizza ✓
or Chicken Pepperoni Pizza
cheesy pizza topped with chicken pepperoni, made with a whole grain crust
with Veggie Dippers
Baby Carrots
Blueberries
and Banana

22 Mixed Up Chicken
golden chicken nuggets and chicken tenders with a whole grain dinner roll
WW Dinner Roll
with Baked Sweet Potato Fries
Peas
Fresh Apple
and Banana
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23 Cheesy Stuffed Breadsticks
gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce ✓
with Baby Carrots
Cucumber Coins
Apple 100% Juice
Fresh Orange

24 French Toast Sticks
crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup ✓
with Hash Browns
Turkey Sausage Links
Sweet Red Pepper Strips
Celery Sticks
Fresh Apple
and Fresh Pear

25 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce ✓
with Vegetarian Baked Beans
Cucumber Coins
100% Juice Fruit Punch
and Fresh Orange

26 Cheese Pizza ✓
or Chicken Pepperoni Pizza
cheesy pizza topped with chicken pepperoni, made with a whole grain crust
with Veggie Dippers
Baby Carrots
Pineapple
and Banana

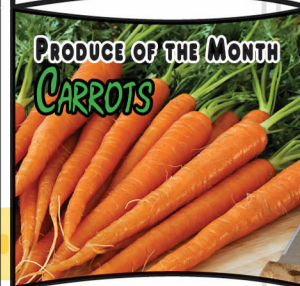
Weekly Alternate: Boar's Head Turkey Sandwich on a whole wheat wrap

29 Cheeseburger
cheeseburger on a whole wheat bun
Peas
Baked Sweet Potato Fries
Celery Sticks
Broccoli Florets
Blueberries
100% Juice Fruit Punch

30 (Empty menu box)

31 (Empty menu box)

32 (Empty menu box)



Weekly Alternate: Chicken Caesar Salad w/ Croutons

Did you know that our menus are healthy, nutritious and flavorful, made from wholesome ingredients? We have very high ingredient standards and strict procedures in place to make sure of it! We also purchase locally when seasonally available. Check us out at www.whitsons.com or scan our QR code to see all that we are doing at your school to keep your kids healthy!



Lunch Prices
Lunch \$2.65
Reduced: .40
Lunch Includes:
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk
Organic Milk \$1.50
Fresh Seasonal Fruit and Fresh Vegetables Selection
If you have any questions or would like additional information, please contact the food service office at 203-255-8370

Weekly Alternate: Chicken Caesar Salad w/ Tossed Garden Salad, Romaine Lettuce, Tomato Wedge, Cucumber, Carrots, Fat Cheese and Whole Wheat Bread. Served with Low Fat Dressing
Bagel Lunch: Whole Wheat bagel with Cream Cheese, Low Fat Cheese and All Natural Low Fat Yogurt
Available Daily For Teachers:
Tossed garden Salad Bowl or Chicken Caesar Salad Bowl
Boar's Head Ham or Turkey Whole Wheat Wrap
All Lunches Served with Choice of Milk, Fruit and Vegetable Selection