



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

PRODUCE OF THE MONTH

SPINACH



6 All Natural Chicken Nuggets

- WW Dinner Roll
- Corn
- Cucumber Coins
- Fresh Pear
- Fresh Apple

7 Cheesy Stuffed Breadsticks with Marinara Sauce
cheesy stuffed breadstick dunkers with marinara sauce ✓
 Baked Tater Tots
 Corn
 Carrot Sticks w/ Ranch Dip
 Fresh Orange
 Banana

8 Beef & Chicken Meatballs over Pasta
beef and chicken meatballs with tomato sauce over a bed of penne pasta ✓
 Carrot Sticks w/ Ranch Dip
 Cucumber Coins
 Applesauce
 Banana

9 Cheeseburger
cheeseburger on a whole wheat bun
 Steamed Carrots
 Black Beans
 Red Delicious Apple
 Fresh Orange
 Apple 100% Juice

10 Cheese Pizza
plain cheese whole wheat pizza slice ✓
 Chicken Pepperoni Pizza
cheesy pizza topped with chicken pepperoni, made with a whole grain crust
 Garden Salad
 Celery Sticks w/ Ranch Dip
 Broccoli Florets
 Fresh Apple
 Fresh Orange

Weekly Alternate: Boar's Head Ham Whole Wheat Wrap

13 Chicken Parm Sandwich
lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain bun
 Peas
 Steamed Green Beans
 Fresh Orange
 Banana

14 Fluffy Pancakes
light and fluffy whole grain pancakes ✓
 Hash Browns
 Turkey Sausage Links
 Baby Carrots
 Cucumber Coins
 Apple 100% Juice
 Banana

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

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

17 Hot Dog on a Bun
beef hot dog nestled on a soft bun and topped with your choice of condiments
 Watermelon
 Veggie Dippers
 Baby Carrots
 Fresh Apple
 100% Juice Fruit Punch



SUMMER BREAK



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!

