



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

June 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.

5 Grilled Cheese Sandwich Fries Fresh Apple



6 Beef Hot Dog on Bun Baked Beans Fresh Banana

7 Crispy Chicken Drumstick Glazed Carrots Whole Wheat Dinner Roll Fresh Orange

1 Homemade Baked Pasta with Cheese Whole Wheat Dinner Roll Steamed Peas Fresh Orange

2 Classic Cheese Pizza Broccoli Florets Applesauce

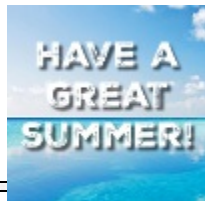
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Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.

Daily choice of 1% white milk or skim chocolate milk with meals.

- Monday- Buff Chic Salad
- Tuesday- Garden Salad w/ Chicken
- Wed & Friday- Turkey Sandwich
- Thursday- Chicken Caesar

Daily Vegetarian lunches are available upon request and the daily sign-up sheet is located in our cafeteria. The menu remains the same each week.

- Monday: Grilled Cheese Sandwich
- Tuesday: Veggie Burger
- Wednesday: Sun Butter & Jelly
- Thursday: Grilled Cheese Sandwich
- Friday: Pizza



Vegetarian Salad



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients