



Welcome to our Lunch Cafe

Lansingburgh High School

March 2023



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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

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.



6 **Homemade Mac & Cheese**
Oven Baked Fries
Applesauce
Fat Free Chocolate Milk
Low Fat Milk



7 **Taco Bar**
Or
Incredibowl Vegetarian Rice Bowl
Glazed Carrots
Diced Peach Cup
Fat Free Chocolate Milk
Low Fat Milk

8 **Buffalo Chicken Wrap**
Spiced Roasted Green Beans w/ Parmesan
Apricot Cup
Fat Free Chocolate Milk
Low Fat Milk

9 **French Patty Melt**
Baked Beans
Mixed Fruit
Fat Free Chocolate Milk
Low Fat Milk

10 **Incredibowls Chicken & Vegetable Rice**
Steamed Broccoli
Strawberry Cup
Fat Free Chocolate Milk
Low Fat Milk

13 **Grilled Cheese Sandwich**
Sweet Potato Fries
Applesauce
Fat Free Chocolate Milk
Low Fat Milk



14 **Taco Bar**
Or
Veggabool BBQ Chickpea Rice Bowl
Glazed Carrots
Diced Peach Cup
Fat Free Chocolate Milk
Low Fat Milk

15 **Chicken Bowl with Gravy**
Buttered Corn
Apricot Cup
Fat Free Chocolate Milk
Low Fat Milk

16 **HALF DAY**

No lunch served

17 **NO SCHOOL**

Superintendent Conference Day

20 **Cheesy Stuffed Bread Sticks**
Marinara Sauce
Oven Baked Fries
Applesauce
Fat Free Chocolate Milk
Low Fat Milk



21 **Taco Bar**
Glazed Carrots
Diced Peach Cup
Fat Free Chocolate Milk
Low Fat Milk

22 **Pepperoni Quesadilla**
Spiced Roasted Green Beans w/ Parmesan
Apricot Cup
Fat Free Chocolate Milk
Low Fat Milk

23 **Mexi Beef Enchilada**
Baked Beans
Mixed Fruit
Fat Free Chocolate Milk
Low Fat Milk

24 **Meatball Sandwich**
Steamed Broccoli
Strawberry Cup
Fat Free Chocolate Milk
Low Fat Milk

27 **Mozzarella Sticks**
Marinara Sauce
Oven Baked Fries
Applesauce
Fat Free Chocolate Milk
Low Fat Milk



28 **Taco Bar**
Glazed Carrots
Diced Peach Cup
Fat Free Chocolate Milk
Low Fat Milk

29 **Sausage, Egg & Cheese Burrito***
Crispy Potato Puffs
Apricot Cup
Fat Free Chocolate Milk
Low Fat Milk

30 **Barbecue Rib Sandwich**
Baked Beans
Mixed Fruit
Fat Free Chocolate Milk
Low Fat Milk

31 **Crispy Beef Stir Fry**
Brown Rice Pilaf
Steamed Broccoli
Strawberry Cup
Fat Free Chocolate Milk
Low Fat Milk



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.



Adult Meal - \$4.95 + Tax

All students are eligible to receive one free meal at lunch.

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If you have any questions or would like additional information regarding this menu please contact your food service director Kevin Darrigo at 518-233-6829 or kdarrigo@lansingburgh.org.

