



# 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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

# March 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.



6 Cheesy Stuffed Bread Sticks   
Marinara Sauce  
Buttered Corn  
Applesauce  
Fat Free Chocolate Milk  
Low Fat Milk



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

8 Chicken Bowl with Gravy   
Sweet Corn  
Apricot Cup  
Fat Free Chocolate Milk  
Low Fat Milk

9 Baked Chicken Tenders  
Baked Beans  
Mixed Fruit  
Fat Free Chocolate Milk  
Low Fat Milk

10 Classic Cheese Pizza   
  
Steamed Broccoli  
Strawberry Cup  
Fat Free Chocolate Milk  
Low Fat Milk

13 Homemade Mac & Cheese   
Green Beans  
Applesauce  
Fat Free Chocolate Milk  
Low Fat Milk



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

15 Fluffy Whole Grain Waffles   
Turkey Sausage Patty  
Hash Brown Potatoes  
Apricot Cup  
Fat Free Chocolate Milk  
Low Fat Milk

16 **HALF DAY**  
  
All students will be offered a bagged lunch to bring home.

17 **NO SCHOOL**  
  
Superintendent's Conference Day

20 Mozzarella Sticks   
Marinara Sauce  
Buttered Corn  
Applesauce  
Fat Free Chocolate Milk  
Low Fat Milk



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

22 General Tso's Chicken   
Brown Rice Pilaf  
Steamed Broccoli  
Apricot Cup  
Fat Free Chocolate Milk  
Low Fat Milk

23 Chicken Nuggets  
Baked Beans  
Mixed Fruit  
Fat Free Chocolate Milk  
Low Fat Milk

24 Classic Cheese Pizza   
  
Steamed Broccoli  
Strawberry Cup  
Fat Free Chocolate Milk  
Low Fat Milk

27 Grilled Cheese Sandwich   
Green Beans  
Applesauce  
Fat Free Chocolate Milk  
Low Fat Milk



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

29 NY Beef Burger  
Oven Baked Fries  
Apricot Cup  
Fat Free Chocolate Milk  
Low Fat Milk

30 Crispy Popcorn Chicken  
Baked Beans  
Mixed Fruit  
Fat Free Chocolate Milk  
Low Fat Milk

31 Classic Cheese Pizza   
  
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](http://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.

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](mailto:kdarrigo@lansingburgh.org).

**MENU SUBJECT TO CHANGE**

