



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

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.



1 Beef Hot Dog on Bun
Oven Baked Fries
Apricot Cup
Fat Free Chocolate Milk
Low Fat Milk

2 Crispy Chicken Sandwich
Baked Beans
Mixed Fruit
Fat Free Chocolate Milk
Low Fat Milk

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

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



7 Chicken Nuggets
Glazed Carrots
Diced Peach Cup
Fat Free Chocolate Milk
Low Fat Milk

8 NY Beef Burger
Oven Baked Fries
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 Soft Tacos
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 Crispy Chicken Sandwich
Glazed Carrots
Diced Peach Cup
Fat Free Chocolate Milk
Low Fat Milk

22 Beef Hot Dog on Bun
Oven Baked Fries
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 Baked Chicken Tenders
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 Chicken Sandwich
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.

*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.

MENU SUBJECT TO CHANGE

