

# Lunch Menu

# Blind Brook Ridge Elementary

October 2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

## Monday

- 2 Cheesy Stuffed Bread Sticks  
Sauteed Spinach  
Sweet Potato Fries  
Applesauce



## Tuesday

- 3 Cheeseburger  
Side Salad  
Oven Baked Fries  
Sliced Apples



## Wednesday

- 4 Yellow Rice  
Oven Roasted Chicken Breast  
Baby Carrots  
Watermelon Slices

## Thursday

- 5 Meatball Hero  
Green Beans  
Pineapple



## Friday

- 6 Classic Cheese Pizza  
Garden Salad  
Fresh Fruit Cup



- 10 Crispy Tacos  
Fiesta Corn  
Diced Peaches

- 11 Beans & Rice  
Oven Roasted Chicken Breast  
Sauteed Zucchini  
Fresh Melon Cup

- 12 Homemade New England Fish & Chips  
Homemade Deli Style Coleslaw  
Whole Grain Biscuit  
Fresh Grapes

- 13 Classic Cheese Pizza  
Garden Salad  
Fresh Fruit Cup



- 16 Beef Hot Dog on Bun  
Baked Beans  
Green Beans  
Watermelon Slices



- 17 Crispy Tacos  
Sauteed Corn & Black Bean Salsa  
Fresh Fruit Cup

- 18 Homemade Baked Pasta with Cheese  
Side Garden Salad  
Pineapple

- 19 Baked Chicken Tenders  
Oven Baked Fries  
Sauteed Zucchini  
Dinner Rolls  
Applesauce



- 20 Classic Cheese Pizza  
Garden Salad  
Fresh Fruit Cup



- 23 Homemade Mac & Cheese  
Steamed Broccoli  
Fresh Fruit Cup

- 24 Pasta with Meat Sauce  
Side Garden Salad  
Sliced Oranges



- 25 Crispy Chicken Sandwich  
Oven Baked Fries  
Homemade Deli Style Coleslaw  
Fresh Apple

- 26 Cinnamon French Toast  
Crispy Turkey Sausage Links  
Crispy Potato Puffs  
Pineapple



- 27 Classic Cheese Pizza  
Garden Salad  
Fresh Fruit Cup



- 30 Two Cheese Grilled Cheese  
Steamed Broccoli  
Sliced Oranges



- 31 Chicken Nuggets  
Oven Baked Fries  
Steamed Carrots  
Dinner Rolls  
Fresh Fruit Cup

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.

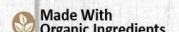
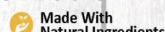
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STUDENT LUNCH PRICE  
4.75

ADULT PRICE  
5.75

PRE PAY ONLINE  
MY SCHOOL BUCKS



OFFERED DAILY

LUNCH INCLUDES: MAIN ENTREE, FRUIT, VEGGIES, MILK, JUICE OR 8oz WATER.

YOGURT MEAL: FRUIT & YOGURT, GRAHAM CRACKER, CHEESE STICK.

BAGEL LUNCH: BAGEL, CHEESE STICKS, FRUIT & VEGGIES.

SALAD MEAL: GARDEN SALAD, CHEESE STICKS, FRUIT

SANDWICH MEALS:

CHEESE, TURKEY & CHEESE, HAM & CHEESE,