



# Welcome to our Lunch Cafe

# Blind Brook Ridge Elementary

# October 2022



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

3 Egg Salad Sandwich    
 Or  
 Garden Salad Entree  
*fresh garden salad topped with meat*   
 Or  
 Bagel Lunch   
**\*Garden salad has deli turkey**

4 Egg Salad Sandwich    
 Or  
 Garden Salad Entree  
*fresh garden salad topped with meat*   
 Or  
 Bagel Lunch   
**\*Garden salad has deli turkey**

5 **SCHOOL CLOSED TODAY**  
**Yom Kippur**

6 Egg Salad Sandwich    
 Or  
 Garden Salad Entree  
*fresh garden salad topped with meat*   
 Or  
 Bagel Lunch   
**\*Garden salad has deli turkey**

7 Egg Salad Sandwich    
 Or  
 Garden Salad Entree  
*fresh garden salad topped with meat*   
 Or  
 Bagel Lunch   
**\*Garden salad has deli turkey**

10 **SCHOOL CLOSED TODAY**  
**Columbus/Indigenous People's Day**

11 Chicken Caesar Wrap   
 Or  
 Fresh Garden Salad with Sliced Egg    
 Or  
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**

12 Chicken Caesar Wrap   
 Or  
 Fresh Garden Salad with Sliced Egg    
 Or  
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**


13 Chicken Caesar Wrap   
 Or  
 Fresh Garden Salad with Sliced Egg    
 Or  
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**




14 Chicken Caesar Wrap   
 Or  
 Fresh Garden Salad with Sliced Egg    
 Or  
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**

17 Cheese Sandwich   
 Or  
 Chicken Caesar Salad   
 Bagel Lunch   
**MEATLESS MONDAY**  
**Fresh Fruit, Vegetable & 8oz water**




18 Cheese Sandwich   
 Or  
 Chicken Caesar Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**


19 Cheese Sandwich   
 Or  
 Chicken Caesar Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**


20 Cheese Sandwich   
 Or  
 Chicken Caesar Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**




21 Cheese Sandwich   
 Or  
 Chicken Caesar Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**




24 Turkey Sandwich   
 Or  
 Classic Greek Salad   
 Bagel Lunch   
**MEATLESS MONDAY**  
**Fresh Fruit, Vegetable & 8oz water**

25 Turkey Sandwich   
 Or  
 Classic Greek Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**

26 Turkey Sandwich   
 Or  
 Classic Greek Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**

27 Turkey Sandwich   
 Or  
 Classic Greek Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**

28 Turkey Sandwich   
 Or  
 Classic Greek Salad   
 Bagel Lunch   
**Fresh Fruit, Vegetable & 8oz water**

31 Ham & Cheese Sandwich   
 Or  
 Caesar Salad   
 Or  
 Bagel Lunch   
**MEATLESS MONDAY**  
**Fresh Fruit, Vegetable & 8oz water**

## 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.



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.



### Student Lunch

Price \$4.00

### Adult Lunch Prices

Entrée only \$5.30 + tax

### Complete a meal

add \$1.50 + tax

### Pre-Pay online

[myschoolbucks.com](http://myschoolbucks.com)

### Lunch Includes:

Menu entrée, fruit, veggie, & 8oz. water

### Bagel Meal Includes:

Plain bagel, yogurt & cheese stick

**SANDWICHES ON A KAISER ROLL UNLESS SPECIFIED ON THE MENU**

