

# Lunch Menu

## Blind Brook MS/HS

February  
2024

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

### Monday



### Tuesday



### Wednesday



### Thursday

- 1 Incredibowls Fiesta Chicken & Rice Bowl  
Or Incredibowl Chicken Quinoa Bowl  
With Fiesta Corn Mixed Fruit

### Friday

- 2 Homemade Pasta & Broccoli with Garlic & Oil  
Or Homemade Buffalo Chicken Stromboli  
Mixed Vegetable Blend  
Mixed Fruit

- 5 Barbecue Rib Sandwich  
Or Eggplant Parm Hero  
And Sweet Potato Fries  
With Orange Glazed Carrots  
And Mixed Fruit

- 6 Pasta with Meat Sauce  
Or Homemade Buffalo Chicken Stromboli  
With Homemade Garlic Bread  
Garden Salad  
Mixed Fruit

- 7 Buffalo Chicken Sauce & Toss  
popcorn chicken glazed with Buffalo sauce  
Or BBQ Chicken Sauce & Toss  
And Oven Baked Fries  
With Carrot Sticks  
Mixed Fruit

- 8 Fiesta Taco Salad  
homemade crunchy tortilla bowl with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar  
With Black Beans  
Mixed Fruit

- 9 Hand Crafted Pepperoni Pizza  
Hand Crafted Buffalo Chicken Pizza  
Margherita Pizza  
With Chickpea Salad  
Mixed Fruit

- 12 Buffalo Chicken Mac & Cheese  
pasta in cheese sauce, topped with buffalo style chicken  
With Steamed Carrots  
Fresh Fruit Cup

- 13 Seared Dumplings  
Or Steamed Dumplings  
And Vegetable Fried Rice  
With Steamed Broccoli  
Mixed Fruit

- 14 Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce  
With Tomato Sauce Dip  
Green Beans  
Mixed Fruit

- 15 Mission Burrito  
Or Bean & Veggie Loaded Burrito  
And Pico De Gallo  
freshly diced vegetables seasoned with lime juice and cilantro  
With Fiesta Corn  
Mixed Fruit

- 16 Chicken Parmesan Over Pasta  
Or Homemade Veggie & Cheese Stromboli  
With Homemade Garlic Bread  
Garden Salad  
Mixed Fruit

- 19 WINTER RECESS!  
SCHOOL CLOSED

- 20 WINTER RECESS!  
SCHOOL CLOSED

- 21 WINTER RECESS!  
SCHOOL CLOSED

- 22 WINTER RECESS!  
SCHOOL CLOSED

- 23 WINTER RECESS!  
SCHOOL CLOSED

- 26 Chicken Tenders  
breaded chicken tenders  
And Oven Baked Fries  
With Buffalo Cauliflower  
buffalo-style cauliflower pieces baked until crisp  
Mixed Fruit

- 27 Chicken Teriyaki  
tender chicken marinated in teriyaki sauce and sauteed with vegetables  
And Rice  
With Stir Fry Vegetables  
Mixed Fruit

- 28 Philly Cheese Steak  
Or Greek Chicken Flatbread  
With Greek Side Salad  
Mixed Fruit

- 29 Homemade Waffles  
With Crispy Potato Puffs  
And Crispy Turkey Sausage Links  
With Cucumber Coins  
And Fresh Strawberries



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.



### Hot Items available daily

Chicken Patties,  
Hamburgers  
Cheeseburgers  
Chicken Nuggets  
Pizza  
French Fries

### Cold items available daily

Chicken Wrap with Lettuce (crispy or grilled)  
Turkey BLT Wrap, Chicken Caesar Salad,  
Garden Salad  
Bagel with Butter/Cream Cheese  
Fruit & Yogurt Parfait

All lunches include an entree, grain, vegetable, fruit and milk or 8oz water

