

Lunch Menu

Blind Brook MS/HS

December
2023

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

Monday

Tuesday

Wednesday

Thursday

Friday

4 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley 🌱 🍴
Or Turkey Pesto Panini
turkey breast with cheddar cheese, pesto mayo and fire roasted peppers on a panini 🍴
With Buffalo Cauliflower And Mixed Fruit

5 Beef and Cheese Quesadilla 🍴
Or Veggie Bean Quesadilla
hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers 🌱 🍴
With Fiesta Corn And Mixed Fruit

6 Hot Pressed Cubano Sandwich 🍴
Eggplant Parm Hero
breaded eggplant with sauce and melted mozzarella on a club roll 🌱 🍴
With Oven Baked Fries And Mixed Fruit

7 Incredibowl Chicken Quinoa Bowl 🍴 🌱 🍴
Or Incredibowls Fiesta Chicken & Rice Bowl
seasoned rice topped with beans, chicken, corn and cheese 🍴
With Black Beans And Mixed Fruit

8 Homemade Pasta & Broccoli with Garlic & Oil
al dente pasta with broccoli sauteed in garlic and olive oil 🌱 🍴
Or Homemade Meatball Stromboli 🍴
With Steamed Broccoli And Mixed Fruit

11 Wing Shack Classic Buffalo Chicken Wings
Or Wing Shack BBQ Style Chicken Wings
Or Wing Shack Garlic Parmesan Chicken Wings 🍴
With Celery Or Carrot Sticks And Mixed Fruit

12 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 🍴
With Vegetable Fried Rice
rice sauteed with soy sauce and vegetables
And Mixed Fruit

13 Classic Beef Burger Or Veggie Burger 🌱
With Iceberg Lettuce And Diced Tomatoes And Pickle Chips And American Cheese And Sliced Mushrooms And Onions Caramelized And BBQ Sauce And Oven Baked Fries And Mixed Fruit

14 Mission Burrito 🍴
Or Bean & Veggie Loaded Burrito 🍴
With Fiesta Corn And Beans & Rice
Spanish style rice and beans 🌱 🍴
And Mixed Fruit

15 Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍴
Or Homemade Veggie & Cheese Stromboli 🌱 🍴
With Sauteed Zucchini And Mixed Fruit

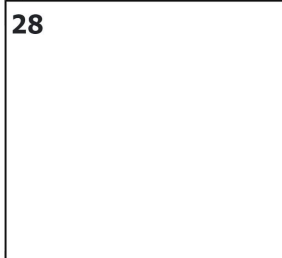
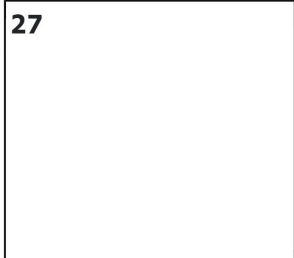
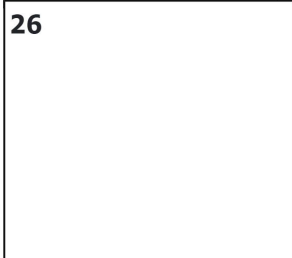
18 Grilled Cheese Sandwich 🌱
Or Grilled Cheese with Bacon
grilled cheese with layers of crisp bacon on toasty bread
With Vegetable Soup And Mixed Fruit

19 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🍴
Or Nachos with Cheese 🌱
And Black Beans And Mixed Fruit

20 Meatless Chik'n Nuggets & Mashed Potato Bowl
meatless nuggets layered on top of creamy mashed potatoes & corn, smothered in gravy and shredded cheese
Or Chicken Bowl with Gravy And Mixed Fruit

21 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱
With Spaghetti Sauce And Caesar Salad And Mixed Fruit

22 Greek Chicken Flatbread
grilled flatbread with greek style chicken, topped with feta and mozzarella cheeses, roasted red peppers and spinach 🍴
Or Caramelized Apples with Tri-color Quinoa With Greek Side Salad And Mixed Fruit



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.

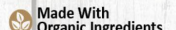
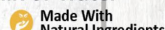
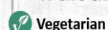
**Menu is subject to change, notice posted when available.

***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.



Hot Items Available Daily
Burgers, Chicken Patties
Nuggets, Pizza
French Fries

All meals come with entree, grain, vegetable, fruit and milk or water



Cold Items Available Daily

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