

Lunch Menu

Blind Brook MS/HS

January
2024

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

Monday

Tuesday

Wednesday

Thursday

Friday



8 Homemade Mac & Cheese 🌱 🥑
Or Turkey Pesto Panini 🥑
With Orange Glazed Carrots
Mixed Fruit

2 Buffalo Chicken Sauce & Toss
popcorn chicken glazed with Buffalo sauce
Or BBQ Chicken Sauce & Toss
With Oven Baked Fries
Mixed Fruit

9 Texas Style Chili 🥑
Or Vegetarian Chili 🌱
With Baked potato
Potato that is baked in the oven with a little oil and salt.
Roasted Squash
Mixed Fruit

3 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
With Tomato Sauce
And Caesar Salad
Fresh Fruit Cup
Mixed Fruit

10 Herb Roasted Chicken
With Yellow Rice
And Baked Plantains
Maduros
Mixed Fruit

4 Cheese Quesadilla
freshly grilled flour tortilla with melted cheese 🌱
Or Chicken Cheese Quesadilla
With Fiesta Corn
Mixed Fruit

11 Beef Hot Dog on Bun
Or Chili Cheese Dog 🥑 🌱
With Baked Beans
And Oven Baked Fries
Mixed Fruit

5 Homemade Pasta & Broccoli with Garlic & Oil 🌱 🥑
Or Homemade Buffalo Chicken Stromboli 🌱
Sautéed Broccoli
Mixed Fruit

12 Homemade Baked Pasta with Cheese 🌱
With Homemade Garlic Bread
With Sautéed Spinach
Mixed Fruit



16 BBQ Pulled Pork Sandwich 🐷
Or BBQ Chicken Sandwich
Balsamic Glazed Vegetables
Mixed Fruit

17 Yard Bird Classic Chicken Sandwich
With Homemade Deli Style Coleslaw
Oven Baked Fries
Mixed Fruit

18 Nachos with Cheese
creamy cheese layered over a bed of nachos 🌱
Or Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🥑
Green Beans
Mixed Fruit

19 Homemade Pasta & Meat Sauce 🥑
Or Homemade Veggie & Cheese Stromboli 🌱 🥑
With Homemade Garlic Bread
Garden Salad
Mixed Fruit

22 Cheeseburger Or Cheesy Veggie Burger 🌱
Or Turkey Burger
Tomato Salad
Mixed Fruit

23 Vegetable Lo Mein 🌱
Or Steamed Dumplings
stuffed dumplings perfect for dipping in your favorite seasoned sauce 🥑
Sautéed Spinach
Mixed Fruit

24 Wing Shack Classic Buffalo Chicken Wings
Wing Shack BBQ Style Chicken Wings
With Celery
And Carrot Sticks
Mixed Fruit

25 Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Or Soft Tacos
Fiesta Corn
Mixed Fruit

26 Homemade Chicken & Broccoli Alfredo
grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🥑
With Homemade Garlic Bread
Steamed Broccoli
Mixed Fruit

29 Grilled Cheese Sandwich 🌱
Grilled Cheese with Bacon
Vegetable Soup
Mixed Fruit

30 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 🥑
With Steamed Broccoli
And Rice
Mixed Fruit

31 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱
Tomato Sauce Dip
Spinach Salad
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

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

