Lunch

Blind Brook

WHITSONS CULINARY FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

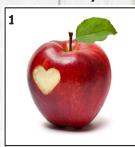
Tuesday

Wednesday

Thursday

Friday

Superintendent's **Conference Day**



WELCOME BACK TO school!

BBQ Chicken Rice Baked Plantains Maduros Fresh Fruit Cup

Vegetable Lo Mein 🕜

Steamed Broccolini Steamed Dumplings 🤔 Fresh Fruit Cup

Chicken Cheese Ouesadilla Or Cheese Quesadilla 🕜 Sweet Corn Fresh Fruit Cup

Homemade Pasta & Broccoli with Garlic & Oil 🕜 Homemade Buffalo

Chicken Stromboli 🕜 Fresh Fruit Cup

11Homemade Baked Pasta with Cheese 🕜 🤌 Green Beans Fresh Fruit Cup

12 General Tso's Chicken With Vegetable Fried

Rice Vegetable Egg Roll Fresh Fruit Cup

Burger Bar Fresh Fruit Cup 14 Nachos with Cheese 🕜 Nachos Grande 🤔 Fiesta Corn Fresh Fruit Cup

Crispy Chicken Sandwich Oven Baked Fries Carrot Sticks Fresh Fruit Cup

Homemade French 18 Toast 🕜 With Crispy Pork Sausage Links And Syrup Egg & Bacon Wrap (2) Fresh Fruit Cup

With Sweet Potato Fries BLT Burger P 🤔 And Baked Beans Fresh Fruit Cup

Yard Bird Classic Chicken Sandwich And Crispy Potato Puffs Homemade Deli Style Coleslaw Fresh Fruit Cup

Crispy Tacos Soft Tacos 21 Black Beans Fresh Fruit Cup

Herb Roasted Chicken Yellow Rice Sauteed Spinach Fresh Fruit Cup

25

Chicken and Waffles Sweet Potato Fries

Maple Roasted Cobb Corn

Fresh Fruit Cup

27 Buffalo Chicken Sauce & Toss BBQ Chicken Sauce & Toss With Oven Baked Fries

Fresh Fruit Cup

28Classic Tex Mex Burrito

Or Vegetarian Burrito 🐶

Fiesta Corn Fresh Fruit Cup

Homemade Pasta & Meatballs 🤔 Homemade Garlic Bread Homemade Veggie &

Cheese Stromboli 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.

Consuming raw or under cooked meat, poultry, sea-

food, 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

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

Hot Items available daily Burgers **Chicken Patties Nuggets** Pizza French Fries

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

Pork Vegetarian 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.