

Lunch Menu

Blind Brook MS/HS

September 2023

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

Monday

Tuesday

Wednesday

Thursday

Friday

Superintendent's Conference Day



5 BBQ Chicken
Rice
Baked Plantains
Maduros
Fresh Fruit Cup

6 Vegetable Lo Mein

Steamed Broccoli
Steamed Dumplings
Fresh Fruit Cup

7 Chicken Cheese Quesadilla
Or Cheese Quesadilla
Sweet Corn
Fresh Fruit Cup

8 Homemade Pasta & Broccoli with Garlic & Oil

Homemade Buffalo Chicken Stromboli
Fresh Fruit Cup

11 Homemade Baked Pasta with Cheese
Green Beans
Fresh Fruit Cup

12 General Tso's Chicken
With Vegetable Fried Rice
Vegetable Egg Roll
Fresh Fruit Cup

13 Burger Bar
Fresh Fruit Cup

14 Nachos with Cheese
Nachos Grande
Fiesta Corn
Fresh Fruit Cup

15 Crispy Chicken Sandwich
Oven Baked Fries
Carrot Sticks
Fresh Fruit Cup

18 Homemade French Toast
With Crispy Pork Sausage Links And Syrup
Or
Egg & Bacon Wrap
Fresh Fruit Cup

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

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

21 Crispy Tacos
Soft Tacos
Black Beans
Fresh Fruit Cup

22 Yellow Rice
Herb Roasted Chicken
Sautéed Spinach
Fresh Fruit Cup

25

26 Chicken and Waffles
Sweet Potato Fries
Maple Roasted Cobb Corn
Fresh Fruit Cup

27 Buffalo Chicken Sauce & Toss
Or
BBQ Chicken Sauce & Toss
With
Oven Baked Fries
Fresh Fruit Cup

28 Classic Tex Mex Burrito
Or
Vegetarian Burrito
Fiesta Corn
Fresh Fruit Cup

29 Homemade Pasta & Meatballs
Homemade Garlic Bread
Or
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, 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

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

