

Lunch Menu

Blind Brook MS/HS

October
2023

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

Monday

2 Homemade Beef Burger 🍔
Oven Baked Fries
Homemade Deli Style Coleslaw
Fresh Fruit Cup

Tuesday

3 RAMEN BAR
FRESH CUP FRUIT



Wednesday

4 Yellow Rice
BBQ Chicken
Spiced Roasted Green Beans w/ Parmesan
Fresh Fruit Cup



Thursday

5 Homemade Roast Beef 🍖
Pasta
Steamed Carrots
Fresh Fruit Cup

Friday

6 Chicken Parmesan Sandwich
Steamed Broccoli
Fresh Fruit Cup



10 GYRO
GREEK SALAD
FRESH CUP FRUIT

11 Wing Shack Chicken Wings
Oven Baked Fries
Celery Sticks
Carrot Dippers
Ranch Dressing
Fresh Fruit Cup



12 Arroz Con Pollo 🍗
Baked Plantains
Maduros
Fresh Fruit Cup

13 Homemade Baked Pasta with Cheese 🍝
Garden Salad
Fresh Fruit Cup



16 Homemade Mac & Cheese 🍝
Cajun Roasted Broccoli
Fresh Fruit Cup

17 Nachos Grande 🍳
Fiesta Corn
Seasoned Black Beans
Fresh Fruit Cup



18 Philly Cheese Steak 🍖
Garlic Parmesan Fries
Fresh Fruit Cup

19 Fiesta Taco Salad 🍳
Buttered Corn
Confetti Black Bean Salad
Pico De Gallo



20 Homemade Pasta & Meat Sauce 🍝
Garden Salad
Homemade Garlic Bread
Fresh Fruit Cup

23 Chicken Teriyaki 🍗
Rice
Fresh Fruit Cup
Steamed Broccoli

24 CHILI BAKE POTATO
FRESH CUP FRUIT

25 Chili Cheese Dog 🍔
Oven Baked Fries
Baked Beans
Fresh Fruit Cup

26 Homemade Waffles 🍷
Bacon
Crispy Turkey Sausage Links
Crispy Potato Puffs
Fresh Fruit Cup



27 Homemade Pasta & Meatballs 🍝
Caesar Salad
Fresh Fruit Cup



30 Cheese Quesadilla 🌱
Ranch & Chicken Quesadilla
Veggie Bean Quesadilla
Corn & Black Bean Salad
Fresh Fruit Cup

31 Baked Chicken Tenders
Oven Baked Fries
Dinner Rolls
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

CHICKEN PATTY
ASSORTED BURGER
NUGGETS
PIZZA
FRENCH FRIES

COLD ITEMS AVAILABLE DAILY

CHICKEN WRAP WITH LETTICE (CRISPY OR GRILLED)
ASSORTED SANDWICHES
TURKEY BLT WRAP
CHICKEN CEASAR SALAD (CRISPY OR GRILLED)
GARDEN SALAD
BAGEL W/ BUTTER OR CREAM CHEESE
FRUIT AND YOGURT PARFAIT
FRESH FRUIT OR VEGGIE CUP

