



We Purchase Locally & Offer Gluten Free Foods! If you have a food allergy please speak to the manager, chef, cook or server.

Monday

PRODUCE OF THE MONTH
PEARS



Tuesday

1- Chicken Tenders Plate
whole grain crispy chicken tenders with a white wheat diner roll
2- Caesar Chicken Wrap
caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing with Steamed Carrots and Pear

Wednesday

1- Hot Dog on a Bun
Beef hot dog nestled on a soft bun and topped with your choice of condiments
2- Boars Head Oven Gold Turkey Sandwich
A deli classic: thinly sliced Boars Head Oven Gold turkey & crisp lettuce on soft WW bread all with Vegetarian Baked Beans and Watermelon

Thursday

Half Day
No Lunch

Friday

1- Cheese Pizza
plain cheese whole wheat pizza slice
2- Big Bird Panini
grilled oven roasted turkey breast, crispy bacon & American cheese on panini bread all with Fresh Spinach and Fresh Orange

7- 1- Popcorn Chicken
Bite size crispy breaded chicken, perfect for dipping in your favorite sauce
Big Bird Panini
all with Corn
Beef Vegetable Soup
and Fresh Pear

8- 1- Pancakes with Turkey Sausage
Light & fluffy whole grain pancakes served with turkey sausage
2- Ham & Cheese Sandwich
Boar's Head ham and American cheese on a whole wheat kaiser roll
all with Sweet Potato Fries and Mixed Fruit

9- 1- Beefy Cheesy Nachos
crispy tortilla chips topped fiesta style beef & cheese sauce
2- Grilled Chicken Caesar Wrap
Grilled chicken slices w/ romaine lettuce, cheese & low fat Caesar dressing, served in a WW wrap all with Vegetarian Baked Beans and Empire Apple

10- Half Day
No Lunch

11- 1- Cheese Pizza
plain cheese whole wheat pizza slice
2- Turkey Ranch Wrap
Turkey breast with lettuce, tomato & ranch on a WW wrap all with Broccoli Florets and Fresh Green Grapes

14- 1- NY Pretzel
Cheese Sauce
2- Ham & Cheese Sandwich
Boar's Head ham and American cheese on a whole wheat kaiser roll
all with Peas and Fresh Orange

15- 1- Cheeseburger
ground beef with cheese, lettuce and tomato on a whole wheat bun
2- Chicken Ranch Wrap
Tender chicken tossed in buttermilk ranch dressing with lettuce & tomatoes in a WW wrap all with Baked Tater Tots and Mixed Fruit

Veggie Burger Available

16- 1- Chicken & Vegetable Dumplings
a flavorful combination of chicken and veggies tucked into a soft dumpling shell
2- Chicken Caesar Salad
all with Steamed Green Beans and Empire Apple

Meal comes with Sno-Joe Fruit Ice

17- Half day
No Lunch

18- 1- Cheese Pizza
plain cheese whole wheat pizza slice
2- Chicken Caesar Wrap
Caesar salad w/ crispy chicken in a wrap all with Garden Salad and Empire Apple

21- 1- Grilled Cheese Bar
with Chicken Noodle Soup
2- Turkey BLT Wrap
turkey bacon, lettuce and tomato with cheese in a whole wheat wrap
all with Baked Steak Fries and Mixed Fruit

22- 1- Pasta w/ Beef Meatballs*
2- Chicken Caesar Salad w/ 2 Dinner Rolls
marinated chicken breast atop romaine lettuce topped with Caesar dressing and seasoned croutons
all with Steamed Carrots and Fresh Orange

Sauce Only Available

23- 1- Crispy Chicken Sandwich
Tender, crispy white meat chicken patty with leaf lettuce on a bun
2- All American Wrap
all with Vegetarian Baked Beans and Empire Apple

24- Holiday
No School

25- Holiday
No School



Did you know that our menus are healthy, nutritious and flavorful, made from wholesome ingredients? We have very high ingredient standards and strict procedures in place to make sure of it! We also purchase locally when seasonally available. Check us out at www.whitsons.com or scan our QR code to see all that we are doing at your school to keep your Kids healthy!



Lunch Price	
Lunch Price	\$3.50
Reduced Price	\$4.40
Milk / FF Chocolate	\$.50
100% Juice	\$.50
Water	\$.75
Breakfast Available Daily	
Breakfast Price	\$2.00
Reduced Price	\$.30

Available Daily

3. Bagel Lunch- Whole Wheat Bagel, String Cheese, Low Fat Yogurt, Fresh Vegetables

4. Healthy Choice Salad - A Bed of Mixed Greens with Grape Tomatoes, Cucumber, and Low Fat Dressing Topped with Cheese and a Whole Grain Roll

5. Panini Grilled Cheese- Panini with American Cheese, Vegetable & Fruit Choice
Lunch Includes - Skim Milk, 1% or Low Fat Chocolate Milk/ Vegetables / Variety of Fruit
For information please contact your Food Service Director Kevin Silva 781-861-2320 ext 69107