



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

28

29

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31



**Holiday Vacation Week**

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](http://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	\$4.00
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 Silvia 781-861-2320 ext 69107