



Welcome to our Lunch Cafe

Schodack HS

November 2022



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday

1 Walking Taco
Yellow Rice
Sauteed Onions & Peppers
Sriracha Garbanzo Beans
Fresh NY Local Apple

2 Chicken Tacos Seoul
asian-style chicken inside a soft tortilla 🌱
Garlic Tofu Tacos Seoul
asian-style tofu inside a soft tortilla 🌱🌱
Fresh Baby Carrots
Fresh Red Delicious Apple

3 Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱
Crispy Potato Puffs
Green Beans
Strawberry Cup

4 Pasta, Pasta, Pasta

*Meat or Alfredo
Chicken and Choice of
Toppings
Caesar Salad and
Breadstick*

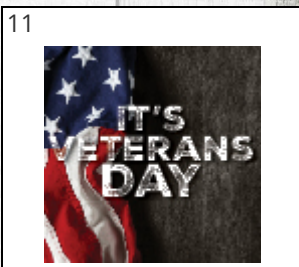


7 Mac & Cheese with Spicy Beef
tender macaroni covered in gooey cheese, mixed with spicy flavored beef 🌱
Roasted Broccoli
Fresh NY Local Apple

8 Pacific Rim Chicken
baked chicken in a sweet and sour sauce
Stir Fry Vegetables
Hawaiian Style Rice
Chilled Red Pepper Strips
Fresh Banana

9 Cheeseburger NY Beef Burger with Bacon & Cheese
NY beef burger topped with cheese and bacon on a freshly toasted bun 🌱
Sweet Corn
Celery Sticks
Fresh NY Local Apple

10 BBQ Pulled Pork Corn Muffin Bowl
a warm corn muffin bowl loaded with delicious pulled pork 🌱
Side of Beans
Fresh Baby Carrots
Fresh Pear



14 Veggaböls BBQ Chickpea Rice Bowl 🌱🌱🌱
Sweet Corn
Sour Cream
Fresh Orange
Fresh NY Local Apple

15 Pasta with Meat Sauce
freshly cooked pasta with meat sauce 🌱🌱
Homemade Garlic Bread
Caesar Salad
Steamed Carrots
Fresh NY Local Apple

16 New Yorker Panini
turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon 🌱
Sweet Potato Fries
Pineapple

17 Hot Open Turkey Sandwich with Gravy
thinly sliced turkey breast over bread topped with gravy
Cranberry Sauce
Green Bean Casserole

SCHOOL CLOSED TODAY

21 Veggaböls Bean Quesadilla 🌱🌱🌱
Two Cheese Quesadilla 🌱
Fiesta Corn
Mexican Style Rice
Salsa
Fresh NY Local Apple

22 Homemade Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection 🌱
Dinner Rolls
Squash Medley
Celery Sticks
Strawberries

SCHOOL CLOSED TODAY



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28 Whole Grain Waffles with Sausage
Sauteed Cinnamon Apple Slices
Celery Sticks
Pineapple

29 Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken 🌱
Green Beans
Cucumber Coins
Fruit Salad

30 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Fluffy Mashed Potatoes
Buttered Corn
Side Salad
Fresh NY Local Apple

HARVEST of the MONTH
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



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.

Choice of
1% White Milk,
Skim Milk
Fat Free Chocolate Milk

Daily Lunch Offerings:

Side Salad, Variety Of Pizza (Meat and Vegetable)
Grab and Go Sandwiches ~ Turkey / Ham / Buffalo Chicken with or without Cheese on WG Breads, and PBJ's
Entree Salads: Chicken Salads, Chef Salads Garden Salads with Cheese (all served with WG Roll) A Variety of Fresh Fruits & Vegetables available Daily. Apples, Oranges and Bananas. Yogurt Parfaits with Fruit and Granola.

