



Welcome to our Lunch Cafe

CASTLETON ELEMENTARY

March 2023



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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

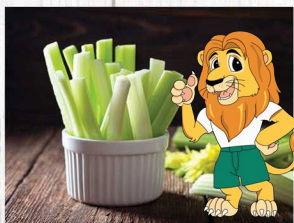
Wednesday

Thursday

Friday

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.



6 Fluffy Whole Grain Pancakes
Sausage Patty Syrup
OR
Crispy Chicken Sandwich
Peas and Carrots Applesauce
Nat'l Pancake Day (2/21)

7 Incredibowls Chicken & Vegetable Rice
OR Walking Turkey Taco Salsa
Black Beans Diced Peaches



1 Grilled Cheese Sandwich
OR
Cinnamon French Toast
Sausage Patty Green Beans Mixed Fruit



2 BBO Chicken Sandwich
OR Beef Hot Dog on Bun
Oven Baked Fries
Steamed Carrots
Strawberry Cup

3 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Marinara Sauce Dip
Roasted Broccoli
Diced Pear Cup

13 Beef Goulash
Hungarian style beef stew with fresh mushrooms, carrots, onions and celery simmered to perfection in-house
OR Crispy Chicken Sandwich
Buttered Corn Applesauce

14 Turkey Nachos Grande
OR Walking Turkey Taco Salsa
Black Beans Diced Peaches

15 Grilled Chicken Cutlet Sandwich
OR Cinnamon French Toast
Sausage Patty Mixed Fruit
Homemade Sweet Beet Salad
Harvest of the Month!

16 Roasted Turkey with Gravy
OR Beef Hot Dog on Bun
Fluffy Mashed Potatoes
Glazed Carrots
Strawberry Cup

SCHOOL CLOSED TODAY

HAPPY ST. PATRICK'S DAY

20 Homemade Baked Pasta with Cheese
Whole Wheat Dinner Roll
OR Crispy Chicken Sandwich
Fresh NY Local Apple
Buttered Corn

21 Incredibowls Chicken & Vegetable Rice
OR Walking Turkey Taco
Three Vegetable Medley
Carrot Dippers
Diced Peach Cup

22 Veggabols Rainbow Hummus Rice Bowl
OR Cinnamon French Toast
Sausage Patty Carrots
Fresh NY Local Apple

23 Two Cheese Quesadilla, Salsa
Chilled Red Pepper Strips
OR Beef Hot Dog on Bun
Baked Beans
Orange slices

24 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Side Salad
Sweet Corn
Strawberry Cup

27 Homemade Pasta & Meat Sauce
OR Crispy Chicken Sandwich
Peas and Carrots Applesauce

28 Sweet & Sour Chicken Sauce & Toss
Brown Rice
OR Walking Turkey Taco Salsa
Black Beans Diced Peaches



29 Cheeseburger Ketchup
OR Cinnamon French Toast
Sausage Patty Buttered Corn
Mixed Fruit

30 BBO Chicken Sandwich
OR Beef Hot Dog on Bun
Oven Baked Fries
Steamed Carrots
Strawberry Cup

31 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Marinara Sauce Dip
Roasted Broccoli
Diced Pear Cup

Whitsons is Simply Rooted® in food and family, and nutritious and flavorful. View this menu app, FDMealPlanner, or on the web at planner.com.

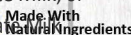
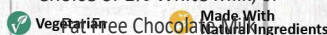
Law or under cooked meat, poultry, sea- may increase your risk of food-borne illness, especially if you have certain medical conditions.

**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.

Lunch Prices
Student \$3.05
Adult \$5.02 + tax

Choice of 1% White Milk, or



Lunch Daily Offerings:
Romaine Side Salad W/ Dressing
Grab and Go Sandwiches~ Turkey and Cheese, PB&J, Cheese Sandwiches all on WG Breads.
Bagel Meal with Cheese Stick and Yogurt.
Garden Salad with Cheese, (offered with WG Rolls).