



Welcome to our Lunch Cafe

CASTLETON ELEMENTARY

April 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

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


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

5 Grilled Cheese Sandwich
OR Cinnamon French Toast

Sausage Patty
Green Beans
Mixed Fruit



6 BBQ Chicken Sandwich
OR Beef Hot Dog on Bun
Oven Baked Fries
Steamed Carrots
Strawberry Cup



SPRING BREAK!
SCHOOL CLOSED

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17 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


18 Turkey Nachos Grande **OR** Walking Taco
Salsa
Black Beans
Diced Peaches



19 Grilled Chicken Cutlet Sandwich **OR** Cinnamon French Toast


Turkey Sausage Patty
Mixed Fruit
Homemade Sweet Beet Salad

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



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

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



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


26 Cinnamon French Toast

Green Beans
Turkey Sausage Patty
Baby Carrots
Mixed Fruit
Fresh NY Local Apple
OR Grilled Cheese Sandwich

27 Two Cheese Quesadilla

Salsa
Chilled Red Pepper Strips
Fresh Orange
Baked Beans
OR Beef Hot Dog on Bun

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

Lunch Prices

Paid \$3.05

Adult \$ 5.02+tax

Milk \$0.50

Variety of Fruit and Vegetables.

Fruit Cups, Apples, Oranges and

Vegetarian Bananas Made With Natural Ingredients

Milk or Fat Free Chocolate Milk

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).

Pork Smart Choice Made With Organic Ingredients