



# Welcome to our Lunch Cafe

# Schodack HS

## 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 Tot Spot's Philly Tater Tots  
*crispy tater tots topped with beef, peppers and onions and creamy cheese sauce*

**OR** Cheesy Chicken Sandwich  
Carrots  
Orange Slices



4 Turkey Meat Nachos Grande 🍌  
Spicy Honey Carrots  
Black Beans  
Salsa  
Mixed Fruit

5 General Tso's Chicken *crispy chicken with broccoli in General Tso's sauce* 🍌  
Vegetable Fried Rice  
Steamed Broccoli  
Diced Peaches  
**OR** BBQ Pulled Pork  
WG Bun 🍷

6 BBQ Chicken *chicken coated in BBQ sauce*  
WG Corn Muffin 🍷  
Baked Beans  
Applesauce **OR**  
Cheeseburger  
WG Bun

**SPRING BREAK!**  
**SCHOOL CLOSED**

10

**SPRING BREAK!**  
**SCHOOL CLOSED**

11

**SPRING BREAK!**  
**SCHOOL CLOSED**

12

**SPRING BREAK!**  
**SCHOOL CLOSED**

13

**SPRING BREAK!**  
**SCHOOL CLOSED**

14

**SPRING BREAK!**  
**SCHOOL CLOSED**

17 Herb Roasted Chicken  
Roasted Potatoes  
Steamed Broccoli  
Strawberry Cup  
**OR** Cheesy Chicken Sandwich  
Homemade Sweet Beet Salad

18 Turkey Meat Nachos Grande 🍌  
Spicy Honey Carrots  
Black Beans  
Salsa  
Mixed Fruit

19 Chicken Parmesan Over Pasta  
*oven baked chicken topped with sauce and melted cheese, all over pasta* 🍌  
Green Beans  
Homemade Garlic Bread  
Diced Peaches  
**OR** BBQ Pulled Pork on WG Bun 🍷

20 Chicken Bowl with Gravy  
*popcorn chicken layered with mashed potatoes and corn, smothered in gravy* 🍌  
Buttered Corn  
Dinner Rolls  
Applesauce  
**OR**  
Cheeseburger on a WG Bun

21 Chicken, Bacon and Cheese Sandwich 🍷  
WG Bun  
Sliced Tomatoes  
Oven Baked Fries  
Diced Pear Cup **OR** 🍌  
WG Breaded  
Mozzarella Sticks  
With Spaghetti Sauce

24 Buffalo Chicken Mac & Cheese 🍌  
Peas  
Strawberry Cup  
**OR** Cheesy Chicken Sandwich WG Bun

25 Turkey Meat Nachos Grande 🍌  
Spicy Honey Carrots  
Black Beans  
Salsa  
Mixed Fruit

26 General Tso's Chicken *crispy chicken with broccoli in General Tso's sauce* 🍌  
Brown Rice Pilaf  
Steamed Broccoli  
**OR** BBQ Pulled Pork on WG Bun

27 Yard Bird Chicken Sandwich on a WG Bun  
Oven Baked Fries  
Steamed Carrots  
Peaches



28 BBQ Pulled Pork Sandwich  
WG Bun 🍷  
Oven Baked Fries  
Baked Beans  
Diced Pear Cup  
**OR** WG Breaded  
Mozzarella Sticks 🍌  
Spaghetti Sauce



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](http://www.FDMealPlanner.com).

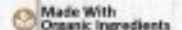
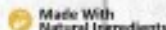
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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.

Student price \$3.15  
Adult price \$5.02+tax  
Choice of  
1% White Milk or  
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.