



Welcome to our Lunch Cafe

Schodack HS

May 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

1 Tot Spot's Philly Tater Tots
crispy tater tots topped with beef, peppers and onions and creamy cheese sauce
Peas and Carrots
Strawberry Cup
Cheesy Chicken Sandwich

2 Turkey Nachos Grande
Spicy Honey Carrots
Black Beans
Salsa
Mixed Fruit

3 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Vegetable Fried Rice
Steamed Broccoli
Diced Peaches
OR BBQ Pulled Pork Sandwich

4 BBQ Chicken
chicken coated in BBQ sauce
WG Corn Muffin Baked Beans Applesauce
OR Cheeseburger
Baked French Fries

5 Pork and Beef Pepperoni and Cheese Stromboli
Spaghetti Sauce
Broccoli with Sautéed Onions & Peppers
Diced Pear Cup
French Bread Pizza

8 Fluffy Whole Grain Pancakes
Syrup
Turkey Sausage Patty
Peas and Carrots
Strawberry Cup
Cheesy Chicken Sandwich

9 Turkey Nachos Grande
Spicy Honey Carrots
Black Beans
Salsa
Mixed Fruit

10 Roasted Turkey with Gravy
Fluffy Mashed Potatoes
Green Bean Casserole
Dinner Rolls
Diced Peaches
OR BBQ Pulled Pork Sandwich

11 Philly Cheese Steak
Crispy Potato Puffs
Black Bean and Pepper Salad
Applesauce
OR Cheeseburger

12 Grilled Chicken Panini
grilled chicken panini, topped with mozzarella cheese and tomatoes
Tomato Soup
Side Salad
Diced Pear Cup
French Bread Pizza

15 Herb Roasted Chicken
Roasted Potatoes
Steamed Broccoli
Strawberry Cup
Cheesy Chicken Sandwich
Homemade Sweet Beet Salad

16 Walking Turkey Taco Fiesta
Corn Black Beans Salsa
Mixed Fruit

17 Chicken Parmesan Over Pasta
oven baked chicken topped with sauce and melted cheese, all over pasta
Green Beans
Diced Peaches
OR BBQ Pulled Pork Sandwich

18 Chicken Bowl with Gravy
popcorn chicken layered with mashed potatoes and corn, smothered in gravy
Buttered Corn
Dinner Rolls
Applesauce
OR Cheeseburger

19 Chicken, Bacon and Cheese Sandwich
Sliced Tomatoes
Oven Baked Fries
Diced Pear Cup
Mozzarella Sticks
Spaghetti Sauce

22 Buffalo Chicken Mac & Cheese
Peas and Carrots
Strawberry Cup
Cheesy Chicken Sandwich
Mixed Fruit

23 Turkey Nachos Grande
Spicy Honey Carrots
Black Beans
Salsa
Mixed Fruit
Cucumber
Coins

24 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Brown Rice Pilaf
Steamed Broccoli

25 Yard Bird Classic Chicken Sandwich
Oven Baked Fries
Steamed Carrots



26 Pork and Beef Pepperoni and Cheese Stromboli
Spaghetti Sauce
Broccoli with Sautéed Onions & Peppers
Diced Pear Cup
French Bread Pizza



OVEN BAKED FRIES

30 Walking Turkey Taco Fiesta
Corn Black Beans Salsa
Mixed Fruit

31 Chicken Parmesan Over Pasta
oven baked chicken topped with sauce and melted cheese, all over pasta
Green Beans
Diced Peaches
OR BBQ Pulled Pork Sandwich

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.

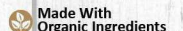
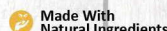
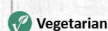
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**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.

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.