



Welcome to our Lunch Cafe

Gardner H.S. Summer Menu


August 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 Vegaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday	Tuesday	Wednesday	Thursday	Friday
1 1 - Nachos with Cheese All With Fiesta Corn Salsa 2 - Turkey and Cheese Wrap Garden Salad Grape Tomatoes Apple Sauce MEATLESS MONDAY	2 1 - Crispy Chicken Sandwich With Oven Baked Fries 2 - Ham & Cheese Wrap Garden Salad Baby Carrots Fresh Pear Rice Krispy Treat Square	3 1 - Chicken Sausage Pancake Bites With Hash Brown Potatoes 2 - Ham & Cheese Wrap Garden Salad Celery Mixed Fruit FOR BRUNCH! LUNCH!	4 1 - Chicken Nuggets With Brown Rice 2 - Ham & Cheese Wrap Garden Salad Cucumber Coins Watermelon Slices Fresh Popcorn	5 1 - Classic Cheese Pizza Or Pepperoni Pizza 2 - Ham & Cheese Wrap Garden Salad Apple Slices
8 1 - Mozzarella Sticks All With Tomato Sauce Dip Sweet Corn 2 - Turkey and Cheese Wrap Garden Salad Grape Tomatoes Apple Sauce MEATLESS MONDAY	9 1 - Crispy Chicken Sandwich With Oven Baked Fries 2 - Turkey and Cheese Wrap Garden Salad Baby Carrots Fresh Pear David's Confetti Cookie	10 1 - Cinnamon French Toast With Crispy Potato Puffs 2 - Turkey and Cheese Wrap Garden Salad Celery Mixed Fruit FOR BRUNCH! LUNCH!	11 1 - Chicken Nuggets With Brown Rice 2 - Turkey and Cheese Wrap Garden Salad Cucumber Coins Watermelon Slices Fresh Popcorn	12 1 - Classic Cheese Pizza Or Pepperoni Pizza 2 - Turkey and Cheese Wrap Garden Salad Apple Slices
15	16 Summer Special Served with the meal Tuesdays: Cookie = 1 oz grain Thursdays: Popcorn = 1/4 oz grain Bottled Water Available \$1.00 Cash Only	17	18 FOOD FOCUS	19
22 FUEL	23	24 	25	26 fooditude
29 WELCOME BACK TO SCHOOL!	30	31	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. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

*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.

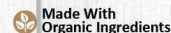
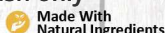
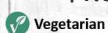
**Menu is subject to change, notice posted when available.



LUNCH IS FREE TO ALL STUDENTS

MILK

- 1 Percent White Chocolate Skim Lactaid Milk (Allergy note required)
- 16 Oz Bottled Water
- \$1.00, cash only



Lunch is served in the Cafe M-Fr 12:00 to 1:00 P.M.

Lunch Includes

- Choice of One Milk
- Unlimited Fresh and Cupped Fruit, Fresh Vegetables and Vegan Side Salad Daily
- Sunbutter & Jelly Sandwiches Daily