



# Welcome to our Lunch Cafe

# Gardner H.S. Summer Menu

# July 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

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.



# FOOD FOCUS

**4 Summer Special**  
Served with the meal  
**Tuesdays: Cookie = 1 oz grain**  
**Thursday: Popcorn = 1/4 oz grain**  
Bottled Water Available  
**\$1.00 Cash Only**

5 1 - Crispy Chicken Sandwich  
With Oven Baked Fries  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Baby Carrots  
Sliced Peaches  
Rice Krispy Treat Square

6 1 - Cinnamon French Toast **V**  
With Crispy Potato Puffs  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Celery  
Mixed Fruit  
**BRUNCH FOR LUNCH!**

7 1 - Chicken Nuggets With Brown Rice  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Cucumber Coins  
Watermelon Slices  
**Fresh Popcorn**

8 1 - Classic Cheese Pizza **V**  
Or Pepperoni Pizza **P**  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Apple Slices

11 1 - Mozzarella Sticks **V**  
With Tomato Sauce Dip And Sweet Corn  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Grape Tomatoes  
Applesauce  
**MEATLESS MONDAY**

12 1 - Beef Hot Dog on Bun  
With Baked Beans  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Celery  
Cherry Cup  
David's Confetti Cookie

13 1 - Chicken Sausage Pancake Bites  
With Hash Brown Potatoes  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Cucumber Coins  
Strawberry Cup  
**BRUNCH FOR LUNCH!**

14 1 - Chicken Nuggets With Green Beans  
Whole Wheat Dinner Roll  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Potato Salad  
Sliced Peaches  
**Fresh Popcorn**

15 1 - Classic Cheese Pizza **V**  
Or Pepperoni Pizza **P**  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Fresh Grapes

18 1 - Nachos with Cheese **V**  
All With Fiesta Corn And Salsa  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Baby Carrots  
Sliced Peaches  
**MEATLESS MONDAY**

19 1 - Cheeseburger Or Classic Beef Burger  
With Sweet Potato Fries  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Broccoli Florets  
Dried Cranberries  
Rice Krispy Treat Square

20 1 - Cinnamon French Toast **V**  
With Crispy Potato Puffs  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Grape Tomatoes  
Blueberries  
**BRUNCH FOR LUNCH!**

21 1 - Chicken Nuggets With Brown Rice  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Macaroni Salad  
Cinnamon Applesauce  
**Fresh Popcorn**

22 1 - Classic Cheese Pizza **V**  
Or Pepperoni Pizza **P**  
2 - Ham & Cheese Wrap **P**  
Garden Salad  
Apple Slices

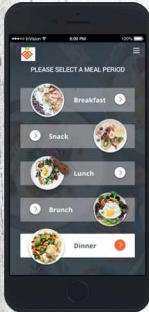
25 1 - Mozzarella Sticks **V**  
With Tomato Sauce Dip And Buttered Corn  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Celery  
Organic Applesauce  
**MEATLESS MONDAY**

26 1 - Crispy Chicken Sandwich  
With Oven Baked Fries  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Cucumber Coins  
Mixed Fruit  
David's Confetti Cookie

27 1 - Sausage, Egg and Cheese Sandwich  
With Hash Brown Potatoes  
2 - Turkey and Cheese Wrap **P**  
Garden Salad  
Carrot Sticks  
Watermelon Slices  
**BRUNCH FOR LUNCH!**

28 1 - Chicken Nuggets All With Steamed Carrots  
Whole Wheat Dinner Roll  
2 - Turkey and Cheese Wrap **P**  
Potato Salad  
Sliced Peaches  
**Fresh Popcorn**

29 Classic Cheese Pizza **V**  
Pepperoni Pizza **P**  
Turkey and Cheese Wrap **P**  
Garden Salad  
Raisins



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.



**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



\*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. This institution is an equal opportunity provider.