



Welcome to our Lunch Cafe

Killingly Good Year ECC

March 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 Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday
Friday

Tuesday

Wednesday

Thursday

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.



1	Homemade Shepherd's Pie Dinner Rolls Mixed Vegetable Blend Mixed Fruit	2	Crispy Chicken Sandwich Sweet Potato Fries Fresh Broccoli	3	French Bread Pizza Organic Applesauce Garden Salad
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Alternate Lunch: Bagel Fun Lunch

6	Incredibowls General Tso's Chicken Vegetable Rice Pilaf Fresh Orange	7	Bacon Cheeseburger Oven Baked Fries Berry Cup Northern Beans	8	Chicken Parmesan Sandwich Oven Baked Fries Mixed Vegetable Blend	9	Pepperoni Pizza Pear and Pineapple Cup Fresh Broccoli Chilled Red Pepper Strips Ranch Dressing	10	American Combo Sandwich Carrot Sticks Ranch Dressing Diced Pear Cup Potato Chips
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Early Release Day

Alternate Lunch: Cold Cut Sandwich

13	Chicken Nuggets Mozzarella Cheese Side Carrot Sticks Celery Ranch Dressing	14	Grilled Cheese Sandwich Tomato Soup Cucumber Coins Berry Cup	15	Homemade Pasta & Meat Sauce Cheesy Garlic Bread Diced Tomatoes Northern Beans	16	Chicken Sausage Pancake Bites Syrup Crispy Potato Puffs Fresh Orange	17	Pepperoni Pizza Pear and Pineapple Cup Fresh Broccoli
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STUDENT APPRECIATION DAY

Alternate Lunch: Simple Boxed Egg Pack

20	Nachos Grande Chicken Sauteed Corn & Black Bean Salsa Mild Salsa	21	Buffalo Chicken Tenders Celery Sticks Fruit Salad	22	Sausage, Egg and Cheese Sandwich Oven Baked Fries Mixed Fruit	23	French Bread Pizza Carrot Dippers Fresh Apple	24	SCHOOL CLOSED TODAY
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Alternate Lunch: Simple Boxed Yogurt Parfait

27	Famous Chili Cheese Fries Buttered Corn Pineapple	28	Homemade Mac & Cheese Diced Tomatoes Broccoli Bites Diced Pear Cup	29	Crispy Chicken Sandwich Sweet Potato Fries Fresh Broccoli	30	American Combo Sandwich Carrot Sticks Diced Pear Cup Potato Chips	31	French Bread Pizza Carrot Dippers Fresh Apple
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Alternate Lunch: Sun Butter & Jelly Lunch



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
1 Free Lunch Per Student Per Day!!
A la Carte Milk \$.50
Manage your Child's Account Online! Go to www.myschoolbucks.com

ALL STUDENT LUNCH INCLUDE CHOICE OF
1% Milk or Low-Fat Chocolate Milk with a Vegetable Choice and or Fruit Choice Daily Fruits offerings: Apples, Bananas, Oranges, half cup of assorted canned fruit.
Assorted Condiments Available

