

Lunch Menu

YMCA

February 2025

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

3 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce

Marinara Sauce Dip
And Baby Carrots
Fresh Pear
Fat Free Chocolate Milk

4 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

With Buttered Corn
And Oven Baked Fries
Fresh Banana
Unflavored 1% Milk

5 Homemade Pasta & Meatballs

With Green Beans
And Whole Wheat Dinner Roll
Mixed Fruit
Unflavored 1% Milk

6 Chicken & Cheese Bowl
popcorn chicken layered with mashed potatoes and corn, covered in cheese

With Sweet Corn
And Mixed Fruit
Unflavored 1% Milk

7 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese



10 Grilled Cheese Sandwich
Meltdown Café

Sweet Potato Fries
And Baby Carrots
Fresh Pear
Fat Free Chocolate Milk

11 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house

Oven Baked Fries
And Fresh Pear
Unflavored 1% Milk

12 Homemade Pasta & Meat Sauce

With Green Beans
And Whole Wheat Dinner Roll
Mixed Fruit
Unflavored 1% Milk

13 Chicken and Waffles
crispy chicken placed on top of fluffy waffles

With Sweet Potato Fries
And Mixed Fruit
Unflavored 1% Milk

14 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese

Side Garden Salad
Fresh Orange
Unflavored 1% Milk

WINTER RECESS! SCHOOL CLOSED



24 Homemade Baked Pasta with Cheese

And Grape Tomatoes
Dinner Rolls
Fresh Pear
Fat Free Chocolate Milk

25 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

With Buttered Corn
And Oven Baked Fries
Fresh Banana
Unflavored 1% Milk

26 Chicken Corn Dog
Oven Baked Fries
Refried Beans
Fresh Apple
100% Juice Fruit Punch
Unflavored 1% Milk

27 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese

Fiesta Corn
And Pineapple Cup
Unflavored 1% Milk

28 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese

Side Garden Salad
Apple Slices
Fat Free Chocolate Milk

All meals are served with fruit, vegetables & low fat milk

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)

For any food allergies or concerns, please contact the food service manager:

Daily Sandwich Offerings:

- MONDAY: Sun Butter & Jelly
- TUESDAY: Turkey & American Cheese
- WEDNESDAY: Double Cheese
- THURSDAY: Ham & American Cheese