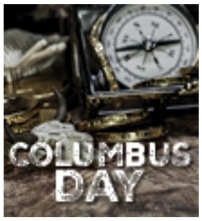
FMES

Lunch Menu

WHITSONS FAMILY OF C
WWW.WHITSONS.C

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatball Sandwich Crispy Potato Puffs Fresh Banana Unflavored 1% Milk Fat Free Chocolate Milk	2 Classic Cheese Pizza Oven Baked Fries Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk Side Garden Salad
5 Homemade Mac & Cheese Whole Wheat Dinner Roll Steamed Broccoli Mixed Fruit Unflavored 1% Milk Fat Free Chocolate Milk	6 Nachos Grande Black Beans Salsa Fresh Red Delicious Apple Unflavored 1% Milk Fat Free Chocolate Milk Homemade Sweet Beet Salad	7 Grilled Cheese Sandwich Meltdown Café Tomato Soup Celery & Carrot Sticks w/ Low Fat Dressing Diced Peaches Unflavored 1% Milk Fat Free Chocolate Milk	8 Beef Hot Dog on Bun Baked Beans Sweet Potato Fries Green Bean Salad Diced Peaches Unflavored 1% Milk Fat Free Chocolate Milk	9 Classic Cheese Pizza Oven Baked Fries Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk Side Garden Salad
12 	13 Crunch Wrap Taco Black Beans Salsa Apple Slices Unflavored 1% Milk Fat Free Chocolate Milk Homemade Sweet Beet Salad	14 French Toast Sausage Patty Homemade Peach Cobbler Celery & Carrot Sticks w/ Low Fat Dressing Syrup	15 Mozzarella Stick & Chicken Nugget Combo Meal Tomato Sauce Cucumber Coins Roasted Broccoli Fresh Banana Unflavored 1% Milk Fat Free Chocolate Milk	16 Classic Cheese Pizza Roasted Parmesan Butternut Squash Oven Baked Fries Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk
19 Homemade Mac & Cheese Whole Wheat Dinner Roll Steamed Broccoli Diced Pear Cup Unflavored 1% Mi Fat Free Chocolate M	20 Nachos Grande Salsa Corn & Black Bean Salad Applesauce Unflavored 1% Milk Free Chocolate Milk Homemade Sweet Beet Salad	21 Grilled Cheese Sandwich Meltdown Café Tomato Soup Celery & Carrot Sticks w/ Low Fat Dressing Mixed Fruit Unflavored 1% Milk Fat Free Chocolate Milk	22 BBQ Chicken Sauce & Toss Green Bean Salad Fresh Banana Unflavored 1% Milk Fat Free Chocolate Milk Whole Wheat Dinner Roll	23 Classic Cheese Pizza Oven Baked Fries Glazed Carrots Fresh Baby Carrots Unflavored 1% Milk
26 Pasta with Sauce Steamed Broccoli Whole Wheat Dinner Roll Diced Pear Cup Unflavored 1% Milk Fat Free Chocolate Milk	27 Crispy Tacos Salsa Confetti Garbanzo Bean Salad Fresh Baby Carrots Unflavored 1% Milk Homemade Sweet Beet Salad	28 Cheeseburger NY Beef Burger Pickle Chips Diced Pear Cup Unflavored 1% Milk Fat Free Chocolate Milk Mixed Vegetables	29 Baked Chicken Tenders Vegetable Rice Pilaf Steamed Peas Diced Pear Cup Side Salad Unflavored 1% Milk Fat Free Chocolate Milk	30 Mini Blueberry Pancakes Apple Slices Fresh Baby Carrots Unflavored 1% Milk Fat Free Chocolate Milk Early Release

Try It Tuesdays!

National School Lunch Week

Daily options include:

1% Milk or Fat Free Chocolate

Assorted Fresh and Cupped Fruit, Assorted Crudite

Assorted Sandwiches and Salad Entrees

Meal Prices: First meal no cost

Additional entree: $3.25

Adult Lunch: $5.50 plus tax

Milk: $0.90

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. If you have a food allergy, or