

Welcome to our Lunch Cafe at...

Shepard High School

March 2019

MEATLESS MONDAY

Monday

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.



Tuesday

Wednesday

Thursday

Friday



1 Philly Cheese Steak
Turkey & Cheese Sandwich
All With Broccoli
Cucumber Coins
Fresh Banana
Pineapple Cup

4 Chicken Nuggets
Dinner Roll
Fries
Turkey & Cheese Sandwich
Corn
All With
Fresh Apple
Diced Pear Cup

5 Cheeseburger
Glazed Carrots
Turkey & Cheese Sandwich
Carrot Sticks
All With
Cinnamon Applesauce
Fresh Pear

6 Cheese Pizza
Turkey & Cheese Sandwich
All With
Carrot Sticks
Celery Sticks
Fresh Apple
Sliced Peaches

7 BBQ Chicken Sandwich
Turkey & Cheese Sandwich
All With
Pinto Beans
Fresh Orange
Diced Pear Cup

8

11 Baked Chicken Tenders
Dinner Roll
Fries
Turkey & Cheese Sandwich
Corn
All With
Fresh Apple
Diced Pear Cup

12 Cheeseburger
Glazed Carrots
Turkey & Cheese Sandwich
Carrot Sticks
All With
Cinnamon Applesauce
Fresh Pear

13 Cheese Pizza
Turkey & Cheese Sandwich
All With
Carrot Sticks
Celery Sticks
Fresh Apple
Sliced Peaches

14 Barbecue Rib Sandwich
Turkey & Cheese Sandwich
All With
Pinto Beans
Fresh Orange
Diced Pear Cup

15 Stuffed Bread
Spaghetti Sauce
Turkey & Cheese Sandwich
All With Broccoli
Cucumber Coins
Fresh Banana
Pineapple Cup

18 Baked Chicken Tenders
Dinner Roll
Fries
Turkey & Cheese Sandwich
Corn
All With
Fresh Apple
Diced Pear Cup

19 Cheeseburger
Glazed Carrots
Turkey & Cheese Sandwich
Carrot Sticks
All With
Cinnamon Applesauce
Fresh Pear

20 Cheese Pizza
Turkey & Cheese Sandwich
All With
Carrot Sticks
Celery Sticks
Sliced Peaches
Fresh Apple

21 Crispy Chicken Sandwich
Turkey & Cheese Sandwich
All With
Pinto Beans
Fresh Orange
Diced Pear Cup

22

25 Chicken Nuggets
Dinner Roll
Fries
Turkey & Cheese Sandwich
Corn
All With
Fresh Apple
Diced Pear Cup

26 Cheeseburger
Glazed Carrots
Turkey & Cheese Sandwich
Carrot Sticks
All With
Fresh Pear
Cinnamon Applesauce

27 Cheese Pizza
Turkey & Cheese Sandwich
All With
Carrot Sticks
Celery Sticks
Fresh Apple
Sliced Peaches

28 Homemade Mac & Cheese
Turkey & Cheese Sandwich
All With
Pinto Beans
Fresh Orange
Diced Pear Cup

29 Mozzarella Sticks
Spaghetti Sauce
Dinner Roll
Turkey & Cheese Sandwich
All With Broccoli
Cucumber Coins
Fresh Banana
Pineapple Cup

Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



ALL LUNCHES INCLUDE
PROTEIN
FRESH FRUIT
VEGETABLE
& CHOICE OF MILK
FAT FREE CHOCOLATE
OR LOW FAT WHITE

DAILY COLD ALTERNATES
TUNA FISH SALAD ON A KAISER ROLL
CHICKEN CAESAR SALAD ENTREE
W/DINNER ROLLS
COLD ENTREE SERVED WITH COLD
VEGETABLE OF THE DAY AND FRUIT

All proteins meet 2 meat/meat alternate,
2 grains, 1 cup veggies & 1/2 cup fruit served



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Wednesday

Thursday

Friday

<p>4 Chicken Nuggets Fries Dinner Roll Turkey & Cheese Sandwich Corn <i>All With</i> Fresh Red Delicious Apple Diced Pear Cup</p>	<p>5 Cheeseburger Glazed Carrots Turkey & Cheese Sandwich Shredded Carrots <i>All With</i> Applesauce Fresh Pear</p>	<p>6 Classic Cheese Pizza Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Fresh Apple Sliced Peaches</p>	<p>7 BBQ Chicken Sandwich Turkey & Cheese Sandwich <i>All With</i> Side of Beans Diced Pear Cup Fresh Orange</p>	<p>1 Philly Cheese Steak Turkey & Cheese Sandwich <i>All With</i> Steamed Broccoli Cucumber Coins Fresh Banana Sliced Peaches</p>
<p>11 Baked Chicken Tenders Oven Baked Fries Dinner Roll Turkey & Cheese Sandwich Corn <i>All With</i> Fresh Red Delicious Apple Diced Pear Cup</p>	<p>12 Cheeseburger Glazed Carrots Turkey & Cheese Sandwich Shredded Carrots <i>All With</i> Applesauce Fresh Pear</p>	<p>13 Classic Cheese Pizza Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple</p>	<p>14 Barbecue Rib Sandwich Turkey & Cheese Sandwich <i>All With</i> Side of Beans Fresh Orange Diced Pear Cup</p>	<p>15 Stuffed Bread <i>With Spaghetti Sauce</i> Turkey & Cheese Sandwich <i>All With</i> Steamed Broccoli Cucumber Coins Fresh Banana</p>
<p>18 Baked Chicken Tenders Oven Baked Fries Dinner Roll Turkey & Cheese Sandwich Corn <i>All With</i> Fresh Red Delicious Apple Diced Pear Cup</p>	<p>19 Cheeseburger <i>With</i> Glazed Carrots Turkey & Cheese Sandwich Shredded Carrots <i>All With</i> Applesauce Fresh Pear</p>	<p>20 Classic Cheese Pizza Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple</p>	<p>21 Chicken Sandwich Turkey & Cheese Sandwich <i>All With</i> Side of Beans Diced Pear Cup Fresh Orange</p>	<p>22</p>
<p>25 Chicken Nuggets Fries Turkey & Cheese Sandwich Corn <i>All With</i> Fresh Red Delicious Apple Diced Pear Cup</p>	<p>26 Cheeseburger Glazed Carrots Turkey & Cheese Sandwich Shredded Carrots <i>All With</i> Applesauce Fresh Pear</p>	<p>27 Classic Cheese Pizza Turkey & Cheese Sandwich <i>All With</i> Shredded Carrots Celery Sticks Fresh Apple Sliced Peaches</p>	<p>28 Homemade Mac & Cheese Turkey & Cheese Sandwich <i>All With</i> Side of Beans Diced Pear Cup Fresh Orange</p>	<p>29 Mozzarella Sticks <i>With Spaghetti Sauce</i> Turkey & Cheese Sandwich <i>All With</i> Steamed Broccoli Cucumber Coins Fresh Banana</p>



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VEGETABLE
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FAT FREE CHOCOLATE
OR LOW FAT WHITE

DAILY COLD ALTERNATES
TUNA FISH SALAD ON A KAISER ROLL
CHICKEN CAESAR SALAD ENTREE
W/DINNER ROIS
COLD ENTREE SERVED WITH COLD
VEGETABLE OF THE DAY AND FRUIT

All proteins meet 2 meat/meat alternate,
2 Grains & 1/2 cup fruit & 3/4 cup vegetable served daily