

Welcome to our Lunch Cafe at...

Side By Side Community School

December 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

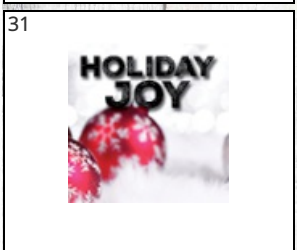
HARVEST of the MONTH



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO as much as possible.



<p>3 Homemade Mac & Cheese (V) (P) Steamed Peas Or Crudite & Cheese Platter (V) (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>4 Chicken Wings Sweet Potato Fries Whole Wheat Dinner Roll Or Crudite & Cheese Platter (V) (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>5 Sloppy Joe on a Bun (P) Sweet Corn Or Crudite & Cheese Platter (V) (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V) Red Pepper Strips</p>	<p>6 Nachos Grande (V) Mild Salsa Black Beans Or Crudite & Cheese Platter (V) (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>7 Cheese Pizza (V) (P) Or Broccoli Pizza (V) (P) Caesar Salad Or Crudite & Cheese Platter (V) (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>
<p>10 Whole Grain French Toast (V) Cinnamon Apple Slices Crispy Potato Puffs Syrup Or Yogurt Lunch (V) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>11 Baked Chicken Tenders Whole Wheat Dinner Roll Sweet Potato Fries Or Yogurt Lunch (V) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>12 Cheeseburger Or Burger Sweet Corn Or Yogurt Lunch (V) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V) Red Pepper Strips</p>	<p>13 Beef Hot Dog on Bun Baked Beans Or Yogurt Lunch (V) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>14 Cheese Pizza (V) (P) Or Pepperoni Pizza (V) (P) Caesar Salad Or Yogurt Lunch (V) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>
<p>17 Stuffed Bread (V) Tomato Sauce (P) Steamed Peas Or Tuna Salad Sandwich (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>18 Crispy Popcorn Chicken Sweet Potato Fries Whole Wheat Dinner Roll Or Tuna Salad Sandwich (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>19 Grilled Cheese Sandwich (V) Oven Baked Fries Or Tuna Salad Sandwich (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V) Red Pepper Strips</p>	<p>20 Tangerine Dream Chicken Rice Bowl (P) Garbanzo Beans Or Tuna Salad Sandwich (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>	<p>21 Cheese Pizza (V) (P) Or Meatball Pizza (V) (P) Caesar Salad Or Tuna Salad Sandwich (P) Or Garden Salad with Cheese Entree (V) (P) Or Cheese Sandwich (V)</p>
<p>24 HOLIDAY JOY</p>	<p>25 HOLIDAY JOY</p>	<p>26 HOLIDAY JOY</p>	<p>27 HOLIDAY JOY</p>	<p>28 HOLIDAY JOY</p>



We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



Lunch Prices:
Elementary Lunch \$2.65
Reduced Lunch .40 Milk .50
Lunch Includes:
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk
If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

Available Daily With All Meals:
Fresh Seasonal Whole Fruits. Assorted Chilled Fruit Cups
Fresh Vegetables:
Grape Tomatoes, Celery, Baby Carrots, & Cucumbers
Bagged Lunch Option: (Field Trips)
Turkey & American Cheese On A Whole Wheat Hamburger Bun With Fresh Baby Carrots, Apple Juice, Whole Grain Belly Bear Grahams, & Milk Choice.
Low Fat Ranch & Low Fat Italian Dressings Available

(V) VEGETARIAN (P) MADE WITH NATURAL INGREDIENTS (P) PORK (V) MADE WITH ORGANIC INGREDIENTS

*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.