

Welcome to our Lunch Cafe at...

Side by Side PreSchool

February 2019

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 whenever possible.



4 Homemade Mac & Cheese pasta in cheese sauce, garnished with parsley 🌱🍴
With Steamed Peas Or Tuna Salad Sandwich 🍴
Or Garden Salad with Cheese Entree 🌱🍴

MEATLESS MONDAY

5 Baked Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Baked Potato Wedges Or Tuna Salad Sandwich 🍴
Or Garden Salad with Cheese Entree 🌱🍴 Sliced Peaches 🍴

6 Sloppy Joe on a Bun home made sloppy joe served on a soft bun 🍴
With Sweet Corn Or Tuna Salad Sandwich 🍴
Or Garden Salad with Cheese Entree 🌱🍴 Red Pepper Strips Celery Pineapple Cup 🍴

7 Honey Mustard Chicken Sauce & Toss popcorn chicken glazed with honey mustard sauce With Crispy Potato Puffs Or Tuna Salad Sandwich 🍴
Or Garden Salad with Cheese Entree 🌱🍴 Fresh Apple 🍴

1 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🌱🍴
With Caesar Salad Or Crudite & Cheese Platter 🌱🍴 Grape Tomatoes Pineapple Cup 🍴

11 Whole Grain Pancakes with Sausage light and fluffy pancakes served with a sausage patty With Crispy Potato Puffs Or Yogurt Lunch 🌱🍴
Apple Slices 🍴

MEATLESS MONDAY

12 Crispy Popcorn Chicken Baked Potato Wedges Yogurt Lunch 🌱🍴
Or Garden Salad with Cheese Entree 🌱🍴 Or Cheese Sandwich 🌱🍴

13 Cheeseburger Or Burger Sweet Corn Or Yogurt Lunch 🌱🍴
Or Garden Salad with Cheese Entree 🌱🍴 Or Cheese Sandwich 🌱🍴 Red Pepper Strips 🍴

14 SCHOOL CLOSED TODAY

15 SCHOOL CLOSED TODAY

18 SCHOOL CLOSED TODAY

19 Chicken Wings breaded chicken wings baked to perfection Sweet Potato Fries Pretzel Organic 2.5oz 🌱🍴
Mozzarella String Cheese Creamy Sunbutter Fresh Baby Carrots 🍴

20 Famous Chili Cheese Fries golden baked potato wedges topped with chili and cheese 🍴
With Black Beans 🍴 Or Pretzel Organic 2.5oz 🍴
With Mozzarella String Cheese And Creamy Sunbutter 🍴

21 Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍴
With Mild Salsa And Black Beans 🍴 Pretzel Organic 2.5oz 🌱🍴
Mozzarella String Cheese Creamy Sunbutter 🍴

22 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🌱🍴
With Caesar Salad Pretzel Organic 2.5oz 🌱🍴
Mozzarella String Cheese Creamy Sunbutter Fresh Orange 🍴

25 Mozzarella Sticks 🌱🍴 With Tomato Sauce Dip 🍴 And Steamed Peas Or Crispy Chicken Patty 🍴

MEATLESS MONDAY

26 Chicken Parmesan Over Pasta oven baked chicken topped with sauce and melted cheese, all over pasta 🍴
With Green Beans Or Garden Salad with Cheese Entree 🌱🍴 Crispy Chicken Patty 🍴

27 Grilled Cheese Sandwich 🌱🍴
Homemade Deli Style Coleslaw Crispy Chicken Patty Red Pepper Strips 🍴

LUCKY TRAY DAY!

28 Beef Hot Dog on Bun juicy beef hot dog on a soft bun With Baked Beans Or Garden Salad with Cheese Entree 🌱🍴
Or Crispy Chicken Patty 🍴

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



Lunch Prices:
Elementary Lunch \$2.65
Middle School Lunch \$3.25
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

🌱 VEGETARIAN 🍴 MADE WITH NATURAL INGREDIENTS 🐷 PORK 🌿 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.