

Breakfast K-12

May 2023

MON

TUE

WED

THU

FRI

1
Cherry Cocoa Bar
Fresh Pear & 100% Pineapple Juice

2
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Waffles
Syrup
Diced Pineapple & 100% Apple Juice

3
Honey Cheerios
Graham Crackers
Diced Peaches & 100% Grape Juice
Or
French Toast w/Syrup
Diced Peaches & 100% Grape Juice

4
Plain Bagel
Cream Cheese
Applesauce & 100% Orange Juice
Or
Cinnamon Bun
Applesauce & 100% Orange Juice

5
Multi-Grain Cinnamon Flakes
Graham Crackers
Raisins & 100% Grape Juice

8
Cinnamon Crisps Bar
Raisins & 100% Grape Juice

9
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Pancakes
Syrup
Diced Pineapple & 100% Apple Juice

10
Multi-Grain Cinnamon Flakes
Graham Crackers
Raisins & 100% Grape Juice
Or
Apple Frudel
Diced Peaches & 100% Grape Juice

11
Plain Bagel
Cream Cheese
Applesauce & 100% Orange Juice
Or
Waffles
Syrup
Applesauce & 100% Orange Juice

12
Blueberry Muffin
Fresh Orange & 100% Pineapple Juice

15
Multi-Grain Cheerios
Graham Crackers
Raisins & Applesauce

16
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Pancakes
Syrup
Diced Pineapple & 100% Apple Juice

17
Cinnamon Raisin Bagel
Butter
Raisins & Applesauce
Or
French Toast
Syrup
Diced Peaches & 100% Grape Juice

18
Honey Cheerios
Graham Crackers
Fresh Apple & 100% Orange Juice
Or
Cinnamon Bun
Applesauce & 100% Orange Juice

19
Cherry Cocoa Bar
Fresh Pear & 100% Pineapple Juice

22
Multi-Grain Frosted Flakes
Graham Crackers
Diced Peaches & 100% Grape Juice

23
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Apple Frudel
Diced Pineapple & 100% Apple Juice

24
Banana Muffin
Raisins & Applesauce
Or
Waffles
Diced Peaches & 100% Grape Juice

25
Cinnamon Toast Crunch
Graham Crackers
Applesauce & 100% Orange Juice
Or
Pancakes
Syrup
Applesauce & 100% Orange Juice

26
Cinnamon Crisps Bar
Raisins & 100% Grape Juice

29
Cherry Cocoa Bar
Fresh Pear & 100% Pineapple Juice

30
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Waffles
Syrup
Diced Pineapple & 100% Apple Juice

31
Honey Cheerios
Graham Crackers
Diced Peaches & 100% Grape Juice
Or
French Toast w/Syrup
Diced Peaches & 100% Grape Juice

Did You Know?

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



WHITSONS[®]
Prepared Meals

Breakfast PSN

May 2023

MON

TUE

WED

THU

FRI

1

Blueberry Muffin
100% Fruit Juice

2

Multi-Grain Cheerios
100% Orange Juice

3

Corn Muffin
Fresh Apple

4

4 oz Yogurt
100% Orange Juice

5

Cheerios
100% Grape Juice

8

Multi-Grain Flakes
100% Grape Juice

9

4 oz Yogurt
100% Orange Juice

10

Rice Chex
100% Apple Juice

11

Cinnamon Raisin Bagel
Butter
100% Fruit Juice

12

Banana Muffin
100% Fruit Juice

15

Blueberry Muffin
100% Fruit Juice

16

Mlti-Grain Cheerios
100% Orange Juice

17

Corn Muffin
Fresh Apple

18

4 oz Yogurt
100% Orange Juice

19

Cheerios
100% Grape Juice

22

Mult-Grain Frosted
Flakes
100% Grape Juice

23

4 oz Yogurt
100% Orange Juice

24

Rice Chex
100% Apple Juice

25

Cinnamon Raisin Bagel
Butter
100% Fruit Juice

26

100% Fruit Juice
Banana Muffin

29

Blueberry Muffin
100% Fruit Juice

30

Mlti-Grain Cheerios
100% Orange Juice

31

Corn Muffin
Fresh Apple

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Lunch K-8

May 2023

MON

TUE

WED

THU

FRI

1 Cheese Quesadilla w/ Sour Cream
Mexican Corn Salad
Fresh Apple
Or
Beef Salisbury w/ Gravy
Roasted Potatoes
Fresh Apple

2 Chicken & Vegetable Dumplings
Oriental Vegetables
Fresh Pear
Or
Cheese Lasagna w/ Tomato Sauce
Green Beans
Fresh Pear

3 BBQ Chicken w/Brown Rice
Baked Beans
Fresh Apple
Or
Chickpea Marinara w/ Cheese
Fresh Apple

4 Stuffed Bread Sticks
Marinara Dipping Sauce & 100% Sun
Splash Juice
Fresh Banana
Or
Turkey Fajita
Brown Rice
Carrots
Fresh Banana

5 Cheese Pizza
Garden Side Salad w/ Ranch
Fresh Apple
Or
Chicken Salad Sandwich
Garden Side Salad w/ Ranch
Fresh Apple

8 Cheese Beef Burger w/ Ketchup
Roasted Potatoes
Fresh Apple
Or
Egg & Cheese Sandwich w/ Ketchup
Roasted Potatoes
Fresh Apple

9 Fajita Chicken w/Brown Rice
Black Beans & Tomatoes
Fresh Pear
Or
Spanish Rice w/ Cheese & Beans
Fresh Pear

10 Beef Meatballs w/ Tomato Sauce &
Parmesan Cheese
Broccoli
Fresh Apple
Or
Veggie Burger w/ Ketchup
Garden Side Salad w/ Ranch
Fresh Apple

11 Cheese Raviolis
Green Beans
Fresh Banana
or
Cobb Salad w/ Pita Bread
Fresh Banana

12 French Bread Cheese Pizza
Baby Carrots w/ Ranch Dressing
Fresh Apple
Or
Turkey & Cheese Sandwich w/ Mayo
Baby Carrots w/ Ranch Dressing
Fresh Apple

15 BBQ Beef Meatballs
Broccoli
Fresh Apple
Or
Pasta w/ Tomato Sauce & Mozzarella
Cheese
Broccoli
Fresh Apple

16 Turkey Hot Dog w/ Ketchup
Baked Beans
Fresh Pear
Or
Spanish Rice w/ Cheese & Beans
Fresh Pear

17 Chicken Tenders w/ Ketchup
Roasted Potatoes
Fresh Apple
Or
Protein Pasta Alfredo
Peas
Fresh Apple

18 Cheese Lasagna w/ Tomato Sauce
Green Beans
Fresh Banana
Or
Chicken Caesar Salad
Pita Bread
Fresh Banana

19 Cheese Pizza
Baby Carrots w/ Ranch Dressing
Fresh Apple
Or
Chicken Breast Sandwich w/ Mayo
Baby Carrots w/ Ranch Dressing
Fresh Apple

22 Chicken Nuggets w/ Ketchup
Baked Beans
Fresh Apple
Or
Falafel Bites w/Quinoa Pilaf
Black Beans & Tomato
Fresh Apple

23 Homemade Macaroni & Cheese
Broccoli
Fresh Pear
Or
Beef Meatballs w/ Tomato Sauce &
Mozzarella Cheese
Broccoli
Fresh Pear

24 Beef Meatloaf w/ Gravy
Mashed Potatoes
Fresh Apple
Or
Veggie Burger w/ Ketchup
Roasted Potatoes
Fresh Apple

25 French Toast Sticks w/ Scrambled
Eggs, Syrup
Roasted Sweet Potatoes
Fresh Banana
Or
Chicken Tamale
Spanish Brown Rice & Beans
Fresh Banana

26 French Bread Cheese Pizza
Baby Carrots w/ Ranch Dressing
Fresh Apple
Or
Egg Salad Sandwich
Baby Carrots w/ Ranch Dressing
Fresh Apple

29 Cheese Quesadilla w/ Sour Cream
Mexican Corn Salad
Fresh Apple
Or
Beef Salisbury w/ Gravy
Roasted Potatoes
Fresh Apple

30 Chicken & Vegetable Dumplings
Oriental Vegetables
Fresh Pear
Or
Cheese Lasagna w/ Tomato Sauce
Green Beans
Fresh Pear

31 BBQ Chicken w/Brown Rice
Baked Beans
Fresh Apple
Or
Chickpea Marinara w/ Cheese
Chickpeas
Fresh Apple

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WHITSONS[®]
Prepared Meals

Lunch 9-12

May 2023

MON

TUE

WED

THU

FRI

1 Cheese Quesadilla w/ Sour Cream
Mexican Corn Salad
Or
Beef Salisbury w/ Gravy
Roasted Potatoes

Fresh Apple & Fresh Orange

2 Chicken & Vegetable Dumplings
Oriental Vegetables
Or
Edamame Noodle Bowl
Blended Vegetables

Diced Peaches & Fresh Pear

3 BBQ Chicken w/Brown Rice
Baked Beans
Or
Chickpea Marinara w/ Cheese
Chickpeas

Fresh Banana & Fresh Apple

4 Stuffed Bread Sticks
Marinara Dipping Sauce & 100% Sun
Splash Juice
Or
Turkey Fajita
Brown Rice
Carrots

Diced Pineapple & Fresh Banana

5 Cheese Pizza
Garden Side Salad w/ Ranch
Or
Chicken Salad Sandwich
Garden Side Salad w/ Ranch

Fresh Apple & Raisins

8 Cheese Beef Burger w/ Ketchup
Roasted Potatoes
Or
Egg & Cheese Sandwich w/ Ketchup
Roasted Potatoes

Fresh Apple & Fresh Orange

9 Fajita Chicken w/Brown Rice
Black Beans & Tomatoes
Or
Spanish Rice w/ Cheese & Beans

Diced Peaches & Fresh Pear

10 Beef Meatballs w/ Tomato Sauce &
Parmesan Cheese
Broccoli
Or
Veggie Burger w/ Ketchup
Garden Side Salad w/ Ranch

Fresh Banana & Fresh Apple

11 Pasta w/ Tomato Sauce & Mozzarella
Broccoli
Or
Cobb Salad

Diced Pineapple & Fresh Banana

12 French Bread Cheese Pizza
Baby Carrots w/ Ranch Dressing
Or
Turkey & Cheese Sandwich w/ Mayo
Baby Carrots w/ Ranch Dressing

Fresh Apple & Fresh Orange

15 BBQ Beef Meatballs
Broccoli
Or
Pasta w/ Tomato Sauce & Mozzarella
Cheese
Broccoli

Fresh Apple & Fresh Orange

16 Turkey Hot Dog w/ Ketchup
Baked Beans
Or
Spanish Rice w/ Cheese & Beans

Diced Peaches & Fresh Pear

17 Chicken Tenders w/ Ketchup
Roasted Potatoes
Or
Protein Pasta Alfredo
Peas

Fresh Banana & Fresh Apple

18 Homemade Macaroni & Cheese
Broccoli
Or
Chicken Caesar Salad

Diced Pineapple & Fresh Banana

19 Cheese Pizza
Baby Carrots w/ Ranch Dressing
Or
Chicken Breast Sandwich w/ Mayo
Baby Carrots w/ Ranch Dressing

Fresh Apple & Raisins

22 Chicken Nuggets w/ Ketchup
Baked Beans
Or
Falafel Bites w/Quinoa Pilaf
Black Beans & Tomato

Fresh Apple & Fresh Orange

23 Homemade Macaroni & Cheese
Broccoli
Or
Beef Meatballs w/ Tomato Sauce &
Mozzarella Cheese
Broccoli

Diced Peaches & Fresh Pear

24 Beef Meatloaf w/ Gravy
Mashed Potatoes
Or
Veggie Burger w/ Ketchup
Roasted Potatoes

Fresh Banana & Fresh Apple

25 French Toast Sticks w/ Scrambled
Eggs, Syrup
Roasted Sweet Potatoes
Or
Chicken Tamale
Spanish Brown Rice & Beans

Diced Pineapple & Fresh Banana

26 French Bread Cheese Pizza
Baby Carrots w/ Ranch Dressing
Or
Egg Salad Sandwich
Baby Carrots w/ Ranch Dressing

Fresh Apple & Raisins

29 Cheese Quesadilla w/ Sour Cream
Mexican Corn Salad
Or
Beef Salisbury w/ Gravy
Roasted Potatoes

Fresh Apple & Fresh Orange

30 Chicken & Vegetable Dumplings
Oriental Vegetables
Or
Cheese Lasagna w/ Tomato Sauce
Green Beans

Diced Peaches & Fresh Pear

31 BBQ Chicken w/Brown Rice
Baked Beans
Or
Chickpea Marinara w/ Cheese
Chickpeas

Fresh Banana & Fresh Apple

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WHITSONS[®]
Prepared Meals

Lunch PSN

May 2023

MON

TUE

WED

THU

FRI

1
Chicken Bites
Roasted Potatoes
Or
Falafel Nuggets
Corn
Applesauce

2
Beef Chili
Mixed Vegetables
Or
Spanish Rice & Beans
Plantains
Apple

3
Cheese Ravioli's with Tomato Sauce
Italian Vegetables
Pear

4 Chicken Strips w/ Honey Mustard
WW Bread Slice
Green Beans
Or
Home Style Macaroni & Low-Fat Cheese
Broccoli
Orange

5
WG Penne w/ Tomato Sauce & Low-Fat
Mozzarella Cheese
Italian Vegetables
Pear

8
Beef Burger w/ Ketchup
Green Beans
Or
Spanish Rice & Beans
Plantains
Apple

9 Chicken Fingers w/ Ketchup Corn
Or
Falafel Nuggets
Corn
Orange

10
Chicken Alfredo
Broccoli
Or
Home Style Macaroni & Cheese
Broccoli
Apple

11
BBQ Chicken
Sweet Mashed Potatoes
Or
Cheese Ravioli's with Tomato Sauce
Italian Vegetables
Pineapple Cup

12
Cheese Pizza
Garden Salad w/ Ranch Dressing
Apple

15
Chicken Parmesan
Green Beans
Or
Penne w/ Tomato Sauce &
Mozzarella Cheese
Italian Vegetables
Apple

16
Spanish Rice & Beans
Plantains
Orange

17
Salisbury Steak
Roasted Potatoes
Or
Falafel Nuggets
Corn
Peach Cup

18 Caribbean Pineapple Chicken
Brown Rice
Carrots
Or
Home Style Macaroni & Cheese
Broccoli
Apple

19
Meatloaf w/ Gravy
Mashed Potatoes
Or
Cheese Pizza
Garden Salad w/ Ranch Dressing
Pear

22
Turkey Fajita w/Brown Rice
Corn
Or
Cheese Ravioli's with Tomato Sauce
Italian Vegetables
Applesauce

23
Chicken Mole w/ Brown Rice Pilaf
Green Peas
Pears
Or
Spanish Rice & Beans
Plantains
Pears

24
Chicken Fingers w/ Ketchup Corn
Or
Falafel Nuggets
Corn
Apple

25
Penne Beef Meat Sauce Italian
Vegetables
Or
Penne w/ Tomato Sauce &
Mozzarella Cheese
Italian Vegetables
Pineapple Cup

26
Home Style Macaroni & Cheese
Broccoli
Apple

29
Chicken Bites
Roasted Potatoes
Or
Falafel Nuggets
Corn
Applesauce

30
Beef Chili
Mixed Vegetables
Or
Spanish Rice & Beans
Plantains
Apple

31
Cheese Ravioli's with Tomato Sauce
Italian Vegetables
Pear

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WHITSONS
Prepared Meals

Snack PSN

May 2023

MON

TUE

WED

THU

FRI

1

WG Pretzels
Sunbutter

2

WG Graham Crackers
NonFat Strawberry Yogurt

3

WG Banana Muffin
6 oz- 100% Orange Juice

4

WG Pretzels
Fresh Pear

5

WG Corn Muffin
Fresh Large Apple

8

WG Pretzels
Hummus

9

WG Graham Crackers
Fresh Large Apple

10

WG Blueberry Muffin
Fresh Pear

11

WG Graham Crackers
NonFat Strawberry Yogurt

12

WG Cheez-its
String Cheese

15

WG Graham Crackers
NonFat Strawberry Yogurt

16

WG Corn Muffin
Fresh Large Apple

17

WG Cheez-its
6 oz- 100% Fruit Juice

18

WG Apple Muffin
Fresh Pear

19

WG Pretzels
Hummus

22

WG Blueberry Muffin
Fresh Large Apple

23

WG Cheez-its
Fresh Pear

24

WG Pretzels
Hummus

25

WG Cheez-its
Fresh Large Apple

26

WG Graham Crackers
Non-Fat Strawberry Yogurt

29

WG Pretzels
Sunbutter

30

WG Graham Crackers
NonFat Strawberry Yogurt

31

WG Banana Muffin
6 oz- 100% Orange Juice

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**WHITSONS**
Prepared Meals

Snack K-12

May 2023

MON

TUE

WED

THU

FRI

1

WG Cheez-its
6 oz- 100% Fruit Juice

2

WG Corn Muffin
6 oz- 100% Orange Juice

3

WG Graham Crackers
6 oz- 100% Apple Juice

4

String Cheese
Fresh Large Apple

5

WG Pretzels
6 oz- 100% Orange Juice

8

WG Blueberry Muffin
6 oz- 100% Fruit Juice

9

WG Cheez-its
3/4 c Baby Carrots w/ Ranch Dressing

10

WG Pretzels
6 oz- 100% Orange Juice

11

String Cheese
Fresh Large Apple

12

WG Graham Crackers
6 oz- 100% Orange Juice

15

WG Banana Muffin
6 oz- 100% Orange Juice

16

WG Tostitos Scoops
6 oz- 100% Fruit Juice

17

WG Graham Crackers
NonFat Strawberry Yogurt

18

WG Pretzels
Fresh Large Apple

19

WG Corn Muffin
6 oz- 100% Orange Juice

22

WG Pretzels
6 oz- 100% Orange Juice

23

WG Graham Crackers
6 oz- 100% Fruit Juice

24

WG Blueberry Muffin
String Cheese

25

WG Graham Crackers
Fresh Large Apple

26

WG Tostitos
6 oz- 100% Apple Juice

29

WG Cheez-its
6 oz- 100% Fruit Juice

30

WG Corn Muffin
6 oz- 100% Orange Juice

31

WG Graham Crackers
6 oz- 100% Apple Juice

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Supper Grab & Go

May 2023

MON

TUE

WED

THU

FRI

1
Strawberry Yogurt & Mozzarella String Cheese
Granola Drops
Baby Carrots
Applesauce

2
Egg Salad Sandwich
Potato Salad
Raisins
Or
Build Your Pizza- Shredded Mozzarella Cheese 2M/MA)
Pita Bread w/ Marinara Cup
Fresh Orange

3
Turkey-Bologna & Cheese Sandwich
Baby Carrots
Fresh Apple
Or
Sunbutter & Jelly & String Cheese
Baby Carrots
Diced Peaches

4
Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Raisins

5
Turkey & Cheese Sandwich
Sun Splash Veg Juice
Fresh Orange
Or
Cheese Sandwich
Sun Splash Juice
Cupped Pineapple

8
Sunbutter & Jelly & String Cheese
Baby Carrots
Diced Peaches

9
Chicken Breast
Baby Carrots
Cupped Pineapple
Or
Cheese Sandwich
Sun Splash Juice
Cupped Pineapple

10
Build Your Pizza- Shredded Mozzarella Cheese
Pita Bread w/Marinara Cup
Fresh Orange

11
Chicken Salad Sandwich
Garden Salad w/ Ranch Dressing
Fresh Pear
Or
Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Raisins

12
Turkey-Ham & Cheese Sandwich
Sun Splash Veg Juice
Applesauce
Or
Strawberry Yogurt & Mozzarella String Cheese w/Granola Drops
Baby Carrots
Applesauce

15
Strawberry Yogurt & Mozzarella String Cheese
Granola Drops
Baby Carrots
Applesauce

16
Egg Salad Sandwich
Potato Salad
Raisins
Or
Build Your Pizza- Shredded Mozzarella Cheese w/Pita Bread
Marinara Cup
Fresh Orange

17
Turkey-Bologna & Cheese Sandwich
Baby Carrots
Fresh Apple
Or
Sunbutter & Jelly & String Cheese
Baby Carrots
Diced Peaches

18
Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Raisins

19
Turkey & Cheese Sandwich
Sun Splash Veg Juice
Fresh Orange
Or
Cheese Sandwich
Sun Splash Juice
Cupped Pineapple

22
Sunbutter & Jelly & String Cheese
Baby Carrots
Diced Peaches

23
Chicken Breast
Baby Carrots
Cupped Pineapple
Or
Cheese Sandwich
Sun Splash Juice
Cupped Pineapple

24
Build Your Pizza- Shredded Mozzarella Cheese
Pita Bread
Marinara Cup
Fresh Orange

25
Chicken Salad Sandwich
Garden Salad w/ Ranch Dressing
Fresh Pear
Or
Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Raisins

26
Turkey-Ham & Cheese Sandwich
Sun Splash Veg Juice
Applesauce
Or
Strawberry Yogurt & Mozzarella String Cheese w/Granola Drops
Baby Carrots
Applesauce

29
Strawberry Yogurt & Mozzarella String Cheese
Granola Drops
Baby Carrots
Applesauce

30
Egg Salad Sandwich
Potato Salad
Raisins
Or
Build Your Pizza- Shredded Mozzarella Cheese
Pita Bread w/Marinara Cup
Fresh Orange

31
Turkey-Bologna & Cheese Sandwich
Baby Carrots
Fresh Apple
Or
Sunbutter & Jelly & String Cheese
Baby Carrots
Diced Peaches

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WHITSONS
Prepared Meals

Supper Full Fresh

May 2023

MON

TUE

WED

THU

FRI

1

WG Chicken Bites
Roasted Potatoes
Applesauce

2

Hero Sandwich
Potato Salad
Apple

3

CN Labeled Cheese Ravioli's with
Tomato Sauce
Italian Vegetables
Pear

4

Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Orange

5

WG Penne w/ Tomato Sauce & Low-Fat
Mozzarella Cheese
Italian Vegetables
Pear

8

Beef Burger w/ Ketchup
Green Beans
Apple

9

Chicken Breast
Baby Carrots
Orange

10

Chicken Alfredo
Broccoli
Apple

11

Turkey & Cheese Sandwich
Garden Salad w/ Ranch Dressing
Pineapple Cup

12

Cheese Pizza
Garden Salad w/ Ranch Dressing
Apple

15

Chicken Parmesan
Green Beans
Apple

16

Hero Sandwich
Potato Salad
Orange

17

Salisbury Steak
Roasted Potatoes
Peach Cup

18

Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Apple

19

Meatloaf w/ Gravy
WW Bread Slice
Mashed Potatoes
Pear

22

Turkey Fajita
Brown Rice
Corn
Applesauce

23

Chicken Breast
Baby Carrots
Pears

24

WG Chicken Fingers w/ Ketchup
Corn
Apple

25

Turkey & Cheese Sandwich
Garden Salad w/ Ranch Dressing
Pineapple Cup

26

Home Style Macaroni & Low-Fat
Cheese
Broccoli
Apple

29

WG Chicken Bites
Roasted Potatoes
Applesauce

30

Hero Sandwich
Potato Salad
Apple

31

Cheese Ravioli's with Tomato Sauce
Italian Vegetables
Pear

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