































Lunch Menu

Marie Philip School

July
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Homemade Mac & Cheese   Buffalo Chicken Mac & Cheese  Loaded Vegan Sweet Potato Bowl   	2 Chicken Parmesan Over Pasta  Vegetable Tofu Lo Mein  	3 Chicken Bowl with Gravy Portobello Panini  	4 Cheeseburger Cheesy Veggie Burger  Roasted Chili Corn on the Cob Homemade Lite Veggie	5 BBQ Pulled Pork   BBQ Nacho Bowl Vegan  	6 Salisbury Steak   Middle Eastern Veggie Burger  	7 Chili Stuffed Baked Potato   
8 Crispy Popcorn Chicken Crispy Potato Puffs Spicy Buffalo Chickpea Wrap  	9 Baked Pasta with Homemade Meat Sauce 	10 General Tso's Chicken  Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta  	11 Black Bean & Sweet Potato Burrito   Vegetarian Chili    Brown Rice Pilaf	12 Philly Cheese Steak   Balsamic Glazed Vegetable Sandwich   Oven Baked Fries	13	14
15 Homemade Mac & Cheese   Buffalo Chicken Mac & Cheese  Loaded Vegan Sweet Potato Bowl   	16 Chicken Parmesan Over Pasta  Vegetable Tofu Lo Mein  	17 Chicken Bowl with Gravy Portobello Panini  	18 Cheeseburger Cheesy Veggie Burger  Roasted Chili Corn on the Cob Homemade Lite Veggie	19 BBQ Pulled Pork   BBQ Nacho Bowl Vegan  	20	21
22 Veggaboli Edamame & Chickpea Rice Bowl    Spicy Buffalo Chickpea Wrap  	23 Baked Pasta with Homemade Meat Sauce  Lentil Chana Dal Halal  	24 General Tso's Chicken  Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta  	25 Black Bean & Sweet Potato Burrito   Vegetarian Chili    Brown Rice Pilaf	26 Philly Cheese Steak   Balsamic Glazed Vegetable Sandwich   Oven Baked Fries	27	28
29 Homemade Mac & Cheese   Buffalo Chicken Mac & Cheese  Loaded Vegan Sweet Potato Bowl   	30 Chicken Parmesan Over Pasta  Vegetable Tofu Lo Mein  	31 Chicken Bowl with Gravy Portobello Panini  				



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. 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.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Available Daily

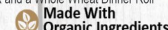
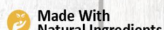
Cheese Pizza, Turkey Pepperoni Pizza by the slice, featuring whole grain rich pizza dough, Deli Sandwich Option

Tossed Garden Salad, Chef Salad, and Chicken Caesar Salad

Organic Yogurt with Organic Strawberries and Organic Granola

All Meals Include:

Protein, Vegetable, Choice of Fruit, Choice of Fruit, Choice of Milk and a Whole Wheat Dinner Roll



Lunch Menu

Walden School

July
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Buffalo Chicken Mac & Cheese 🍷 Loaded Vegan Sweet Potato Bowl 🍷 🍷 🍷 Garden Salad	2 Chicken Parmesan Over Pasta 🍷 Vegetable Tofu Lo Mein 🍷 🍷	3 Chicken Bowl with Gravy Portobello Panini 🍷 🍷	4 Cheeseburger Cheesy Veggie Burger 🍷 Roasted Chili Corn on the Cob Homemade Lite Veggie	5 BBQ Pulled Pork 🍷 BBQ Nacho Bowl Vegan 🍷	6 Salisbury Steak 🍷 Middle Eastern Veggie Burger 🍷 🍷	7 Chili Stuffed Baked Potato 🍷 Loaded Vegan Sweet Potato Bowl 🍷 🍷 🍷
8 Veggaboli Edamame & Chickpea Rice Bowl 🍷 🍷 🍷 Spicy Buffalo Chickpea Wrap 🍷 🍷 MEATLESS MONDAY	9 Baked Pasta with Homemade Meat Sauce 🍷 Lentil Chana Dal Halal 🍷	10 General Tso's Chicken 🍷 Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta 🍷	11 Black Bean & Sweet Potato Burrito 🍷 🍷 Vegetarian Chili 🍷 🍷 🍷 Brown Rice Pilaf	12 Philly Cheese Steak 🍷 Balsamic Glazed Vegetable Sandwich 🍷 Oven Baked Fries	13 Beef & Broccoli 🍷 Stir Fry Vegetables Brown Rice	14 Homemade Chicken & Broccoli Alfredo 🍷 Homemade Pasta & Broccoli with Garlic & Oil 🍷
15 Buffalo Chicken Mac & Cheese 🍷 Loaded Vegan Sweet Potato Bowl 🍷 🍷 🍷 Garden Salad	16 Chicken Parmesan Over Pasta 🍷 Vegetable Tofu Lo Mein 🍷 🍷	17 Chicken Bowl with Gravy Portobello Panini 🍷 🍷	18 Cheeseburger Cheesy Veggie Burger 🍷 Roasted Chili Corn on the Cob Homemade Lite Veggie	19 BBQ Pulled Pork 🍷 BBQ Nacho Bowl Vegan 🍷	20 Salisbury Steak 🍷 Middle Eastern Veggie Burger 🍷 🍷	21 Chili Stuffed Baked Potato 🍷 Loaded Vegan Sweet Potato Bowl 🍷 🍷 🍷
22 Veggaboli Edamame & Chickpea Rice Bowl 🍷 🍷 🍷 Spicy Buffalo Chickpea Wrap 🍷 🍷	23 Baked Pasta with Homemade Meat Sauce 🍷 Lentil Chana Dal Halal 🍷	24 General Tso's Chicken 🍷 Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta 🍷	25 Black Bean & Sweet Potato Burrito 🍷 🍷 Vegetarian Chili 🍷 🍷 🍷 Brown Rice Pilaf	26 Philly Cheese Steak 🍷 Balsamic Glazed Vegetable Sandwich 🍷 Oven Baked Fries	27 Beef & Broccoli 🍷 Stir Fry Vegetables Brown Rice	28 Homemade Chicken & Broccoli Alfredo 🍷 Homemade Pasta & Broccoli with Garlic & Oil 🍷
29 Buffalo Chicken Mac & Cheese 🍷 Loaded Vegan Sweet Potato Bowl 🍷 🍷 🍷 Garden Salad	30 Chicken Parmesan Over Pasta 🍷 Vegetable Tofu Lo Mein 🍷 🍷	31 Chicken Bowl with Gravy Portobello Panini 🍷 🍷				



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Available Daily

Cheese Pizza, Turkey Pepperoni Pizza by the slice, featuring whole grain rich pizza dough

Tossed Garden Salad, Chef Salad, and Chicken Caesar Salad

Organic Yogurt with Organic Strawberries and Organic Granola

All Meals Include:

Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

Wheat Dinner Roll