



We Purchase Locally & Offer Gluten Free Foods! If you have a food allergy please speak to the manager, chef, cook or server.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

Welcome Back!

2 School Breakfast available every morning at Parmenter and Davis Thayer Schools 8:15 a.m.

3

- Chicken Tenders
- French Breadsticks
- Corn
- Carrot Sticks
- Peach Cup

4

- W.G. Pasta with Meatballs\* or W.G. Pasta with Butter and Mozzarella Cheese
- Garlic Bread
- Garden Salad
- Pinto Beans
- Fresh Fruit Cup

5

- Cheese Pizza
- Caesar Side Salad
- Peas and Carrots
- Granny Smith Apple

8

- Hot Dog on a Bun
- Oven Baked Fries
- Veggie Dippers
- Mandarin Oranges

9

- Mac & Cheese
- Corn Bread
- Grape Tomatoes
- Steamed Green Beans
- Sliced Peaches

10

- Crispy Beef Taco
- Lettuce
- Diced Tomatoes
- Mozzarella String Cheese
- Brown Rice
- Corn
- Fresh Fruit Cup

11

- Pancakes & Sausage
- Hash Browns
- Steamed Carrots
- 100% Juice Fruit Punch

12

- Cheese Pizza Slice
- Caesar Side Salad
- Peas
- Apple Slices

15

- Popcorn Chicken
- Brown Rice
- Corn
- Cucumber Spears w/ Ranch Dip
- Applesauce
- Orange

16

- Waffles w/ Turkey Sausage
- Carrot Sticks
- Hash Browns
- Peach Cup
- Apple

17

- Pasta Alfredo w/ Chicken & Broccoli
- Sweet Red Pepper Strips
- Broccoli Florets
- Diced Pears
- Banana

18

- Loaded Beef Nachos
- Black Beans
- Fiesta Corn
- Pineapple Cup
- Red Grapes

19

- Cheese Pizza Slice
- Spinach Salad
- Steamed Green Beans
- Mixed Fruit
- Honeydew & Canteloupe Melon

22

- Mixed Up Chicken
- Oven Baked Fries
- Cucumber Spears w/ Ranch Dip
- Cinnamon Applesauce
- Orange

23

- Egg & Cheese on a Bagel
- Sweet Potato Puffs
- Celery Sticks
- Peach Cup
- Apple Slices

24

- Pasta w/ Meat Sauce
- Steamed Carrots
- Romaine Lettuce
- Diced Pears
- Banana

25

Rosh Hashanah

26

- Cheese Pizza
- Broccoli Florets
- Mixed Fruit
- Garden Salad
- Honeydew & Canteloupe Melon

29

- Chicken Nuggets
- Wrap
- Lettuce & Tomato
- Oven Baked Fries
- Applesauce
- Orange

30

- WG French Toast Sticks
- Turkey Sausage Links
- Carrot Sticks
- Hash Browns
- Sliced Peaches
- Apple Slices

New Healthy Harvest Fruit and Veggie Station offers vegetables and salad, chilled canned fruit and fresh fruit every day. Students help themselves to their favorite side dishes with their meal.

**VEGGIE OF THE MONTH**  
**TOMATOES**

Did you know that our menus are healthy, nutritious and flavorful, made from wholesome ingredients? We have very high ingredient standards and strict procedures in place to make sure of it! We also purchase locally when seasonally available. Check us out at [www.whitsons.com](http://www.whitsons.com) or scan our QR code to see all that we are doing at your school to keep your kids healthy!

**MEAL PRICES**

- Student Lunch \$2.30
- Reduced Price Lunch \$.40
- Student Breakfast \$1.80
- Reduced Breakfast \$.30
- Milk \$.50

Students eligible for free lunch qualify for free breakfast

**WEEKLY CHOICES**

- Monday - NEW Warm Ham and Cheese Bagel Melt
- Tuesday - Chicken Nuggets with Whole Grain Roll
- Wednesday - Crispy Chicken Patty Sandwich
- Thursday - NEW Cereal Fun Lunch - Cereal Bowl Pack, 4 oz Lowfat Fruit Yogurt, Cheesestick, Honey Grahams, Baby Carrots and Juice
- Friday - NEW Turkey and Cheese Munchable Meal with Pretzels-Deli Turkey and Cheese, Tiny Twist Pretzels, Baby Carrots, Graham Crackers and Fruit

**AVAILABLE DAILY**

NEW Chicken Caesar Salad with Soft Roll, Peanut Butter and Jelly Sandwich, Bagel Yogurt Lunch, Whole Grain Cheese Pizza

**KEY:** Vegetarian Pork Healthier Choice

WHITSON'S School Nutrition

\*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. The USDA and this institution are both equal opportunity providers and employers.