

# Welcome to our Lunch Cafe at...

Lexington Estabrook Elementary

January 2019

MEATLESS MONDAY

Monday

HARVEST of the MONTH



Tuesday

**Holiday**  
**No School**

Wednesday

2 1 - Chicken Nuggets  
2 - Pepperoni & Cheese Melt  
*pepperoni and melted mozzarella on grilled bread* P  
**All With**  
Oven Baked Fries  
**And**  
Garden Salad  
**And**  
Fresh Fruit Cup

Thursday

**Half Day**  
**No Lunch**

Friday

4 1 - Meatball Calzone  
*fresh prepared dough lightly brushed with garlic and oil, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano* P  
2 - Pizza Bagel P  
**All With**  
Steamed Broccoli  
**And**  
Cinnamon Applesauce

7 1 - Chicken and Waffles  
*crispy chicken tenders on top of fluffy waffles*  
2 - Very Berry Smoothie P  
**With** Pretzel P  
**All With**  
Mixed Fruit Salad with Orange Vinaigrette P  
**And**  
Edamame

8 1 - BBQ Chicken  
*chicken coated in BBQ sauce*  
With Pasta with Butter P  
2 - Chicken Caesar Wrap P  
**All With**  
Steamed Broccoli  
**And**  
Pineapple

9 1 - Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese* P  
2 - Sausage Pizza P  
**All With**  
Caesar Salad  
**And**  
Honeydew and Cantaloupe Cup

**Half Day**  
**No Lunch**

11 1 - Grilled Cheese with Bacon P  
With Tomato Soup  
2 - Shake 'Em Up Salads P  
**All With**  
Cinnamon Apple Slices  
**And**  
Cherry Tomatoes

14 1 - Honey Mustard  
Chicken Sauce & Toss  
*popcorn chicken glazed with honey mustard sauce*  
2 - Tuna Salad Sandwich P  
**All With** Fluffy Mashed Potatoes  
**And**  
Grape Tomatoes  
**And**  
Pineapple

15 1 - Pasta & Meatballs P  
2 - Salad Plate With Crispy Chicken P  
**All With**  
Cheesy Garlic Bread  
**And**  
Fresh Fruit Cup  
**And**  
Sliced Pears  
**Sauce Only Available**

16 1 - Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese* P  
2 - Pepperoni Pizza P  
**All With**  
Greek Side Salad  
**And**  
Fresh Grapes

**Half Day**  
**No Lunch**

18 1 - Philly Cheese Steak P  
2 - Roasted Pepper and Cheese Panini P  
**All With**  
Cinnamon & Honey Roasted Beans P  
**And**  
Berry Cup

**Holiday**  
**No School**

22 1 - Beef and Tomato  
Macaroni Casserole  
*elbow macaroni mixed with cooked beef, tomato sauce, and cheese* P  
2 - Chicken Ranch Wrap P  
**All With**  
Fresh Orange  
**And**  
Red Pepper Strips

23 1 - Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese* P  
2 - Pepper & Onion Pizza P  
**All With**  
Side Garden Salad  
**And**  
Fresh Apple

**Half Day**  
**No Lunch**

25 1 - Chicken & Vegetable  
Rice Bowl P  
2 - Teriyaki Chicken Wrap P  
**All With** Vegetable Egg Roll  
**And**  
Honeydew and Cantaloupe Cup  
**And**  
Raisins

28 1 - Crispy Chicken  
Sandwich  
2 - Pizza Bites P  
**All With** Golden Baked Potato Wedges  
**And**  
Fresh Green Grapes  
**And**  
Cucumber Coins

29 1 - Homemade Mac & Cheese  
*pasta in cheese sauce, garnished with parsley* P  
2 - Turkey BLT Sandwich P  
**All With**  
Pear and Pineapple Cup  
**And**  
Green Beans

30 1 - Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese* P  
2 - Margherita Pizza P  
**All With**  
Chickpea Salad  
**And**  
Sliced Oranges

**Half Day**  
**No Lunch**



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



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



**BREAKFAST AVAILABLE DAILY**

Breakfast Price - \$2.00  
Reduced price - \$3.00

**OPTIONAL MEATLESS BREAKFAST**

**ENTREES AVAILABLE DAILY**  
Apple cinnamon or blueberry whole grain muffin or whole grain bagel with cream cheese

**LUNCH**

Lunch price - \$3.50  
Reduced Price - \$4.00

**OPTIONAL MEATLESS LUNCH ENTREES AVAILABLE DAILY**

3. Bagel Fun Lunch  
Whole grain bagel, cream cheese, choice of yogurt or string cheese
  4. Fruit and Yogurt Parfait  
Organic yogurt layered with assorted fruits and topped with organic granola
  5. Grilled Cheese Panini  
Whole wheat panini bread stuffed with American cheese then oven toasted
- ALL ENTREES SERVED WITH CHOICE OF FRUITS, VEGETABLE**  
All served with choice of flavored/plain fat-free, 1% and lactose free milk

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS Assorted Condiments Available Daily

\*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.