

# Welcome to our Lunch Cafe at...

Lexington Estabrook Elementary

November 2018

**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.



Half Day  
No Lunch

2 1 - Chicken Bowl with Gravy  
2 - Turkey Ranch Wrap  
**All With**  
Snap Peas  
**And**  
Sliced Pears

5 1 - Crispy Chicken Sandwich  
*warm crispy breaded chicken on a bun prepared in-house*  
2 - Vegetarian Melt  
**All With**  
Oven Baked Fries  
**And**  
Pineapple  
**Or**  
Sautéed Onions & Peppers

No School  
Professional Day

7 1 - Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
2 - Pepperoni Pizza  
*cheese pizza topped with pepperoni*  
**All With**  
Garden Salad  
**And**  
Fresh Fruit Cup

Half Day  
No Lunch

9 1 - Steamed Dumplings  
With Vegetable Egg Roll  
And Brown Rice Pilaf  
2 - Honey Mustard Chicken Wrap  
**All With**  
Honeydew and Cantaloupe Cup  
**And**  
Confetti Garbanzo Bean Salad

No School  
Holiday

13 1 - Cheeseburger Mac & Cheese  
*steamy pasta enrobed in a creamy cheddar cheese sauce mixed with seasoned ground meat prepared in-house*  
2 - Chicken Caesar Salad  
**All With** Steamed Carrots  
**And** Fresh Banana

14 1 - Cheese Pizza  
Meat Lovers Pizza  
**All With**  
Green Bean Salad  
**And**  
Fresh Grapes

Half Day  
No Lunch

16 1 - Baked Chicken Tenders  
2 - Grilled Cheese with Bacon  
**All With**  
Oven Baked Fries  
**And** Fresh Fruit Cup  
**And** Cucumber Coins

19 1 - Cheeseburger Or Veggie Burger  
2 - Beef Hot Dog on Bun  
**All With**  
Baked Beans  
**Or**  
Potato Salad  
**And**  
Mixed Fruit

20 **Chef's Choice**  
  
ALL WITH  
**Apple Cobbler**

Early Release  
No Lunch

No School  
Holiday

26 1 - Mozzarella Stick and Meatball Combo  
*a combination of mozzarella sticks and meatballs served with a side of sauce*  
2 - Strawberry Banana Smoothie  
With Pretzel  
**All With** Fresh Apple  
**And** Cinnamon & Honey Roasted Beans

27 1 - Pasta & Meat Sauce  
*freshly cooked pasta with meat sauce*  
2 - Bread Sticks  
**All With**  
Green Beans  
**And**  
Fresh Blueberries

28 1 - Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
2 - Hawaiian Pizza  
*ham and pineapple chunks over a cheese pizza slice*  
**All With**  
Tomato Salad  
**And**  
Fresh Orange

Half Day  
No Lunch

30 1 - Whole Grain Pancakes with Sausage  
2 - Mediterranean Chicken Salad Pita  
*freshly prepared chicken salad layered with crisp lettuce, juicy tomatoes, feta cheese inside a soft pita pocket*  
**All With** Cinnamon Applesauce  
**And** Green Pepper Slices



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



**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.