

# Lunch Menu

# Center ES

March  
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday



Thursday






Friday




Alternate Meals Available Daily (starting 3/4):





3 - Bagel Lunch with Cream Cheese, Yogurt  
Cup and String Cheese

4 - Turkey & Cheese Sandwich







- 1 1 - French Bread  
Pizza   
With Pepperoni  
2 - Pizza Salad    
Broccoli Bites

- 4 1 - Homemade Mac &  
Cheese    
2 - Hummus and  
Pretzel     
Baby Carrots


- 5 1 - Herb Grilled  
Chicken Nuggets  
And Whole Grain  
Biscuit  
With Caesar Salad  
2 - Hummus and  
Pretzel   

- 6 1 - Cinnamon French  
Toast   
2 - Hummus and  
Pretzel     
Cinnamon & Honey  
Roasted Beans


- 7 1 - Baked Chicken  
Tenders  
With Whole Wheat  
Dinner Roll  
2 - Hummus and  
Pretzel     
Buttered Corn



- 8 1 - Classic Cheese  
Pizza    
Or Pepperoni Pizza   
2 - Hummus and  
Pretzel     
Celery

- 11 1 - Grilled Cheese  
Sandwich   
With Tomato Soup  
2 - Chicken Caesar  
Salad   
Grape Tomatoes

- 12 1 - Nachos Grande  
2 - Chicken Caesar  
Salad   
Confetti Black Bean  
Salad


- 13 1 - Steamed  
Dumplings   
2 - Chicken Caesar  
Salad   
Mixed Vegetable  
Blend

- 14 1 - Yard Bird Classic  
Chicken Sandwich  
2 - Chicken Caesar  
Salad   
Oven Baked Fries




- 15 1 - Cheesy Stuffed  
Bread Sticks   
With Tomato Sauce  
Dip  
2 - Chicken Caesar  
Salad   
Roasted Broccoli

- 18 1 - Meatless Chik'n  
Nugget  
With Whole Grain  
Biscuit  
2 - Grilled Chicken  
Salad with Dinner  
Rolls   
Buttered Corn



- 19 1 - Homemade Pasta  
& Meatballs   
2 - Grilled Chicken  
Salad with Dinner  
Rolls   
Celery

- 20 1 - Sausage, Egg and  
Cheese Sandwich  
2 - Grilled Chicken  
Salad with Dinner  
Rolls   
Baby Carrots



- 21 1 - Chicken Nuggets  
Whole Wheat Dinner  
Roll  
2 - Grilled Chicken  
Salad with Dinner  
Rolls   
Roasted Broccoli

- 22 1 - Classic Cheese  
Pizza    
Or Pepperoni Pizza   
2 - Grilled Chicken  
Salad with Dinner  
Rolls   
Confetti Garbanzo  
Bean Salad

- 25 1 - Mozzarella Sticks  
  
With Tomato Sauce  
Dip  
2 - Crispy Chicken  
Garden Salad   
Cauliflower Popcorn

- 26 1 - Incredibowls  
General Tso's  
Chicken   
2 - Crispy Chicken  
Garden Salad   
Roasted Broccoli

- 27 1 - Turkey Hot Dog on  
Bun  
2 - Crispy Chicken  
Garden Salad   
Baked Beans

- 28 1 - Classic Cheese  
Pizza    
Or Pepperoni Pizza   
2 - Crispy Chicken  
Garden Salad   
Roasted Broccoli

- 29 **Lunch Prices:**  
**Lunch Meal Price**  
**\$3.10**  
**Reduced Price**  
**\$0.00**  
**Milk only \$0.60**  
**Adult Meal \$4.25**



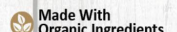
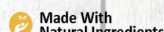
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

\*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.

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# Lunch Menu

# Crystal Lake

March  
2024

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Monday

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Wednesday



Thursday

Friday




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Cup and String Cheese



4 - Turkey & Cheese Sandwich






1 1 - French Bread  
Pizza   
With Pepperoni  
2 - Pizza Salad    
Broccoli Bites

4 1 - Homemade Mac & Cheese    
2 - Hummus and Pretzel    
Baby Carrots

5 1 - Herb Grilled Chicken Nuggets  
And Whole Grain Biscuit  
With Caesar Salad  
2 - Hummus and Pretzel   

6 1 - Cinnamon French Toast   
2 - Hummus and Pretzel    
Cinnamon & Honey Roasted Beans

7 1 - Baked Chicken Tenders  
With Whole Wheat Dinner Roll  
2 - Hummus and Pretzel    
Buttered Corn

8 1 - Classic Cheese Pizza    
Or Pepperoni Pizza   
2 - Hummus and Pretzel    
Celery

11 1 - Grilled Cheese Sandwich   
With Tomato Soup  
2 - Chicken Caesar Salad   
Grape Tomatoes

12 1 - Nachos Grande  
2 - Chicken Caesar Salad   
Confetti Black Bean Salad

13 1 - Steamed Dumplings   
2 - Chicken Caesar Salad   
Mixed Vegetable Blend

14 1 - Yard Bird Classic Chicken Sandwich  
2 - Chicken Caesar Salad   
Oven Baked Fries





15 1 - Cheesy Stuffed Bread Sticks   
With Tomato Sauce Dip  
2 - Chicken Caesar Salad   
Roasted Broccoli

18 1 - Meatless Chik'n Nugget  
With Whole Grain Biscuit  
2 - Grilled Chicken Salad with Dinner Rolls   
Buttered Corn

19 1 - Homemade Pasta & Meatballs   
2 - Grilled Chicken Salad with Dinner Rolls   
Celery

20 1 - Sausage, Egg and Cheese Sandwich  
2 - Grilled Chicken Salad with Dinner Rolls   
Baby Carrots

21 1 - Chicken Nuggets Whole Wheat Dinner Roll  
2 - Grilled Chicken Salad with Dinner Rolls   
Roasted Broccoli

22 1 - Classic Cheese Pizza    
Or Pepperoni Pizza   
2 - Grilled Chicken Salad with Dinner Rolls   
Confetti Garbanzo Bean Salad

25 1 - Mozzarella Sticks   
With Tomato Sauce Dip  
2 - Crispy Chicken Garden Salad   
Cauliflower Popcorn

26 1 - Incredibowls General Tso's Chicken   
2 - Crispy Chicken Garden Salad   
Roasted Broccoli

27 1 - Turkey Hot Dog on Bun  
2 - Crispy Chicken Garden Salad   
Baked Beans

28 1 - Classic Cheese Pizza    
Or Pepperoni Pizza   
2 - Crispy Chicken Garden Salad   
Roasted Broccoli

29 **Lunch Prices:**  
**Lunch Meal Price \$3.10**  
**Reduced Price \$0.00**  
**Milk only \$0.60**  
**Adult Meal \$4.25**

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 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients



# Lunch Menu

# Windermere ES

March  
2024

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Wednesday

Thursday





Friday




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3 - Bagel Lunch with Cream Cheese, Yogurt  
Cup and String Cheese


4 - Turkey & Cheese Sandwich






1 1 - French Bread  
Pizza   
With Pepperoni  
2 - Pizza Salad    
Broccoli Bites

4 1 - Homemade Mac & Cheese    
2 - Hummus and Pretzel    
Baby Carrots

5 1 - Herb Grilled Chicken Nuggets  
And Whole Grain Biscuit  
With Caesar Salad  
2 - Hummus and Pretzel   

6 1 - Cinnamon French Toast   
2 - Hummus and Pretzel    
Cinnamon & Honey Roasted Beans

7 1 - Baked Chicken Tenders  
With Whole Wheat Dinner Roll  
2 - Hummus and Pretzel    
Buttered Corn



8 1 - Classic Cheese Pizza    
Or Pepperoni Pizza   
2 - Hummus and Pretzel    
Celery

11 1 - Grilled Cheese Sandwich   
With Tomato Soup  
2 - Chicken Caesar Salad   
Grape Tomatoes

12 1 - Nachos Grande  
2 - Chicken Caesar Salad   
Confetti Black Bean Salad


13 1 - Steamed Dumplings   
2 - Chicken Caesar Salad   
Mixed Vegetable Blend

14 1 - Yard Bird Classic Chicken Sandwich  
2 - Chicken Caesar Salad   
Oven Baked Fries



15 1 - Cheesy Stuffed Bread Sticks   
With Tomato Sauce Dip  
2 - Chicken Caesar Salad   
Roasted Broccoli

18 1 - Meatless Chik'n Nugget  
With Whole Grain Biscuit  
2 - Grilled Chicken Salad with Dinner Rolls   
Buttered Corn



19 1 - Homemade Pasta & Meatballs   
2 - Grilled Chicken Salad with Dinner Rolls   
Celery


20 1 - Sausage, Egg and Cheese Sandwich  
2 - Grilled Chicken Salad with Dinner Rolls   
Baby Carrots

21 1 - Chicken Nuggets Whole Wheat Dinner Roll  
2 - Grilled Chicken Salad with Dinner Rolls   
Roasted Broccoli

22 1 - Classic Cheese Pizza    
Or Pepperoni Pizza   
2 - Grilled Chicken Salad with Dinner Rolls   
Confetti Garbanzo Bean Salad

25 1 - Mozzarella Sticks   
With Tomato Sauce Dip  
2 - Crispy Chicken Garden Salad   
Cauliflower Popcorn

26 1 - Incredibowls General Tso's Chicken   
2 - Crispy Chicken Garden Salad   
Roasted Broccoli

27 1 - Turkey Hot Dog on Bun  
2 - Crispy Chicken Garden Salad   
Baked Beans

28 1 - Classic Cheese Pizza    
Or Pepperoni Pizza   
2 - Crispy Chicken Garden Salad   
Roasted Broccoli

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