








# Dighton Rehoboth Beckwith MS

Welcome to our  
Lunch Cafe

9/16/2019 - 9/20/2019

**MEATLESS MONDAY**

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Nuggets <i>crispy breaded chicken nuggets perfect for dipping in your favorite sauce</i> Sweet Potato Fries Steamed Carrots	Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> Steamed Carrots	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> Green Beans	Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i> Sweet Corn	Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken</i> Steamed Peas
	Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Tomato Sauce Dip	Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i>	Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Tomato Sauce Dip	Homemade Ham Pepperoni and Cheese Stromboli <i>ham, pepperoni and melted cheese wrapped in a pizza dough.</i>	Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Tomato Sauce Dip
Available Daily: Cheese Pizza, Pepperoni Pizza and Speciality item all featuring whole grain rich pizza dough					
	Cheesy Veggie Burger <i>warm veggie burger topped with melted cheese on a soft bun</i> Baked Potato Wedges	Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Crispy Potato Puffs	Spicy Chicken Sandwich <i>warm spicy crispy chicken sandwich prepared in-house</i> Oven Baked Fries	Crispy Chicken <i>warm crispy breaded chicken on a bun prepared in-house</i> Baked Potato Wedges	Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i> Crispy Potato Puffs
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar
Available Daily: Sliced Turkey, Ham, Tuna Salad and cheeses and whole grain rich bread, rolls and wraps along with vegetable					
	Baby Carrots Green Peppers Spicy Four Bean Salad Fresh Apple Sliced Peaches Fresh Orange	Baby Carrots Celery Cherry Tomatoes Fresh Apple Fresh Orange Diced Pear Cup	Baby Carrots Broccoli Florets Green Peppers Fresh Apple Fresh Orange Fresh Strawberries Chickpea Salad	Green Peppers Fresh Baby Carrots Celery Fresh Orange Fresh Strawberries Fresh Grapes	Baby Carrots Celery Cherry Tomatoes Fresh Apple Fresh Strawberries Fresh Grapes
	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i>	Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i>	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i>	Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i>	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	Nacho Bar	Nacho Bar	Nacho Bar	Nacho Bar	Nacho Bar
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese					

**WHITSON'S**  
School Nutrition

## SIMPLY ROOTED

*in food & family*

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at [www.Whitsons.com](http://www.Whitsons.com).

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.  
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

\*\*\*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. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS