

# Welcome to our Lunch Cafe at...

Dighton Rehoboth Palmer River Elem

September 2019

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.



2	3	4	5	6
9	10	11	12	13
16 Nachos with Cheese Salsa Or Meatball Sandwich Sweet Corn Fresh Baby Carrots Fresh Apple Sliced Peaches	17 Whole Grain French Toast With Turkey Sausage Patty Or Beef Hot Dog on Bun Organic Applesauce Fresh Baby Carrots Sliced Oranges	18 Crispy Popcorn Chicken Or Cheesy Stuffed Bread Sticks Sweet Potato Fries Fresh Baby Carrots Steamed Broccoli Fresh Grapes Diced Pear Cup	19 Whole Grain Pancakes with Sausage Cinnamon Applesauce Or Mozzarella Sticks Tomato Sauce Dip Sliced Oranges Mixed Fruit Fresh Baby Carrots	20 Classic Cheese Pizza Or Beef Hot Dog on Bun Steamed Broccoli Fresh Baby Carrots Fresh Grapes Sliced Peaches
23 Nachos with Cheese Or Beef Hot Dog on Bun Green Beans Fresh Baby Carrots Fresh Apple Sliced Peaches	24 Chicken Nugget & Mozzarella Stick Combo Or Meatball Sandwich Steamed Peas Fresh Baby Carrots Sliced Oranges Sliced Pears	25 Whole Grain French Toast With Turkey Sausage Patty Or Cheeseburger Fresh Baby Carrots Cinnamon Applesauce Watermelon Slices	26 Crispy Chicken Sandwich Or Meatball Hero Sweet Corn Fresh Baby Carrots Fresh Grapes Diced Pear Cup	27 Pepperoni Pizza Or Whole Grain Fish Sticks Steamed Broccoli Fresh Baby Carrots Fresh Apple Sliced Peaches
30 Grilled Cheese Sandwich Tomato Soup Or Meatball Sandwich Sweet Corn Fresh Baby Carrots Fresh Apple Mixed Fruit				



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our new mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



### Lunch Prices

Breakfast Full: \$2.10  
Breakfast Reduced: \$0.30  
Lunch Full: \$2.85  
Reduced Lunch: \$0.40

### Daily Alternative Entrees:

- 1) Bagel with Cream Cheese & Yogurt
- 2) Sunbutter & Jelly Sandwich
- 3) Fresh Garden Salad with Cheese

All meals served with Milk, Fruit, and Veggie

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

\*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.