

Welcome to our Lunch Cafe @ Troy High School

September
2017

Monday

Tuesday

Wednesday

Thursday

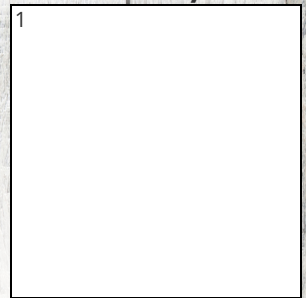
Friday



HARVEST
of the
MONTH



We proudly support clean, organic, local and sustainable agriculture.



4	5	6 Meatball Parmesan Sandwich Side of Carrots Side Salad Fresh Orange Diced Pears	7 General Tso's Chicken Yellow Rice Green Beans Celery Banana Diced Peaches	8 Mozzarella Sticks Spaghetti Sauce Baked Beans Whole Wheat Dinner Roll Carroteenies Fresh Orange Mixed Fruit
11 Tator Taco Salsa Black Beans Broccoli Florets Fresh Orange Diced Pears	12 Chicken Parm Sandwich Corn Side Salad Fresh Orange Applesauce	13 Soft Taco Salsa Steamed Broccoli Carroteenies Banana Diced Peaches	14 Mac & Cheese Green Beans Whole Wheat Dinner Roll Celery Fresh Apple Diced Pears	15 French Bread Pizza Sweet Potato Fries Side Salad Banana Diced Peaches
18 BBQ Chicken Mashed Potatoes Steamed Broccoli Whole Wheat Dinner Roll Carroteenies Fresh Orange Mixed Fruit	19 Bacon Cheeseburger Oven Baked Fries Celery Fresh Apple Diced Pears	20 Buffalo Chicken Platter Side of Carrots Whole Wheat Dinner Roll Celery Banana Pineapple Tidbits Diced Pears	21 School is closed for Rosh Hashanah	22 Chicken Quesadilla Salsa Green Beans Carroteenies Fresh Orange Applesauce
25 Nachos Grande Salsa Broccoli Florets Banana Diced Peaches	26 BBQ Turkey Wrap Sweet Potato Fries Celery Fresh Apple Diced Pears	27 Grilled Cheese Oven Baked Fries Carroteenies Banana Mixed Fruit	28 Soft Taco Salsa Baked Beans Side Salad Fresh Orange Applesauce	29 Sweet & Sour Chicken Sauce & Toss Brown Rice Green Beans Carroteenies Banana Pineapple Tidbits

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



Available Daily

Made to order deli bar and salad bar
Cheese, pepperoni, and a specialty pizzas
Chicken nuggets, chicken patty, hamburger and cheeseburger

Variety of fresh and chilled fruit and fresh vegetables

All meals are served with choice of fat free chocolate or 1% low fat or skim milk

If you have any questions or would like additional information regarding this menu please contact your food service director Rich Hollander at 518 328 5490 or hollanderr@whitsons.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. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.