Welcome to our Lunch Cafe at... Troy Middle School

June 2019

MEATLESS MONDAY

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.

WHITSONS School Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* Chilled Pizza Sauce Glazed Carrots Applesauce	4 Fish Patty Melt Sandwich *crispy breaded Pollock topped with melted cheese served on a warm roll* Oven Baked Fries *crispy fries baked to perfection* Diced Pear Cup	5 Bacon Cheeseburger *burger topped with cheese and bacon on a freshly toasted bun* Glazed Carrots Cinnamon Applesauce	6 Whole Grain French Toast Slices *whole grain slices of French toast baked to perfection* Crispy Sausage Links Crispy Potato Puffs Berry Cup BRUNCH FOR LUNCH TODAY!	7 Cheese Ravioli with Tomato Sauce *baked ravioli in tomato sauce* Garlic Bread Green Beans Mixed Fruit
10 Grilled Cheese Sandwich *golden toasted bread with melted gooey cheese pressed and prepared in-house* Steamed Broccoli Tomato Soup Diced Peach Cup	11 Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella* Spinach Salad Diced Pear Cup Fresh Strawberries	12 Chicken Parmesan Sandwich *warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll* Steamed Carrots Cinnamon Applesauce	13 Bacon Cheeseburger *burger topped with cheese and bacon on a freshly toasted bun* Sliced Tomatoes Buttered Corn Pineapple Cup Chili Roasted Garbanzo Beans	14 General Tso's Chicken Brown Rice Green Beans Mixed Fruit Watermelon Cup
17 Pizza Bite & Mozzarella Stick Combo Spaghetti Sauce Garden Salad Dinner Roll Steamed Broccoli Diced Peach Cup	18 Famous Chili Cheese Fries Mini Hamburger Bun Baked Beans Diced Pear Cup Fresh Peach	19 Chicken Bacon Sandwich *tender, crispy chicken patty topped with crispy bacon and leaf lettuce* Steamed Carrots Cinnamon Applesauce	20 Memphis Blues Dog *hot dog on a bun, topped with BBQ sauce, shredded cheddar and scallions* Pineapple Cup Sliced Zucchini Fresh Pear	21 Turkey Club Wrap *turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla* Mixed Fruit Green Beans Cucumber Coins
24	25	26	27	28

Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.

Available Daily Choices:
Made to order Salads
Made to order Sandwiches,Chicken Patty,'Beef Burgers, Chicken Tenders
Cheese,Pepperoni,and Specialty Pizza
Yogurt parfaits /2M/MA
Bagel Lunch (served with yogurt and cheese sticks

All lunches are served with:
choice of fat free white or flavored ,1% milk
Fresh Assorted Fruits
Carroteenies,celery sticks,side salads
Whole Grain Rolls

If you have any questions please contact your Food Service Director
Rich Hollander (518)328-5490 or
email rhollander@whitsons.com

VEGETARIAN MADE WITH NATURAL INGREDIENTS P 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.