


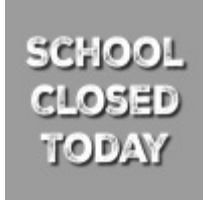


Welcome to our Lunch Cafe

Troy HS

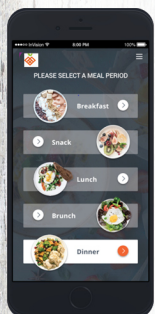
November 2020

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year.
Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> 🌱 Steamed Carrots Cinnamon Applesauce	3 	4 Baked Chicken Breast <i>Baked Chicken Breast</i> Baked Potato Wedges <i>crispy potato wedges baked to perfection</i> Sweet Corn	5 Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i>	6 Hand Crafted Pepperoni Pizza <i>fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp</i> 🍕 Cheese Pizza 🌱 🍕
9 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> 🌱 Chilled Pizza Sauce Applesauce Steamed Carrots	10 New Yorker Panini <i>turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon</i> 🍔 🌱 Garbanzo Beans	11 	12 BBQ Pulled Pork Nachos <i>crisp nachos smothered in BBQ seasoned pork topped with diced tomatoes, shredded carrots & cabbage</i> 🍔 🌱	13 Hand Crafted Buffalo Chicken Pizza <i>fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</i> 🍕
16 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> 🌱 Applesauce Fresh Baby Carrots	17 Walking Taco <i>mexi-style taco meat paired with crispy chips</i> 🍔 Baked Beans Mixed Fruit	18 Buffalo Chicken and Cheese Quesadilla <i>fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce</i> Sweet Corn Diced Peach Cup	19 Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Green Beans Cinnamon Applesauce	20 Cheese Pizza 🌱 🍕 Hand Crafted Pepperoni Pizza 🍕 Steamed Broccoli Mixed Fruit
23 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> 🌱 Chilled Pizza Sauce Steamed Carrots Applesauce	24 Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🍔 Baked Beans Mixed Fruit	25 Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i> 🌱 Mild Salsa Sweet Corn Diced Peach Cup	26 	27 
30 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> 🌱 Fresh Baby Carrots Cinnamon Applesauce				

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.



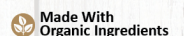
We are Simply Rooted® in food and family and our menus are nutritious and flavorful.
Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Mondays--Ham&Cheese
Tuesdays--Garden Salad/Chicken
Wednesdays--Turkey Sand.
Thursdays--Chicken Casear Salad
Fridays--Italian mixed Sand.

Lunches are Free
Choice of fat free white or chocolate milk served with meals
Fresh Fruit/Vegetables

Any Questions contact your FSD
Rich Hollander at 518-328-5490 or email to rhollander@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. This institution is an equal opportunity provider.