



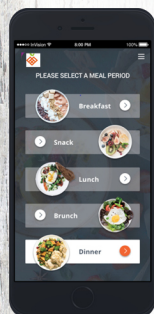
# Welcome to our Lunch Cafe

# Troy Middle School

**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 Steamed Carrots Cinnamon Applesauce	3	4 Baked Chicken Baked Potato Wedges <i>crispy potato wedges baked to perfection</i> Applesauce	5 Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i> Green Beans Mixed Fruit	6 Cheese Pizza <i>fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp</i>  Hand Crafted Pepperoni Pizza Steamed Broccoli Sliced Apples
9 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Chilled Pizza Sauce Steamed Carrots	10 Turkey & Cheese Panini <i>turkey, cheese, lettuce and tomato panini grilled to perfection</i> Baked Beans Mixed Fruit	11	12 Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> Green Beans Mixed Fruit	13 Hand Crafted Buffalo Chicken Pizza <i>fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</i> Cheese Pizza Steamed Broccoli Sliced Apples
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 Wrap Sweet Corn Diced Peach Cup Applesauce	19 Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Green Beans Cinnamon Applesauce Mixed Fruit	20 Cheese Pizza Hand Crafted Pepperoni Pizza Steamed Broccoli Mixed Fruit Sliced Apples
23 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Marinara 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 1/2 Day Lunches Available	26	27
30 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Fresh Baby Carrots Cinnamon Applesauce	<div> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div>			



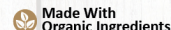
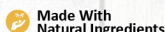
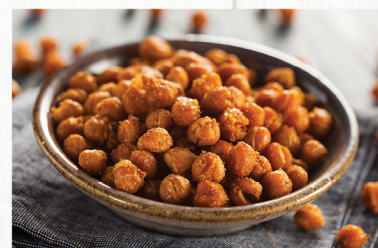
We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Monday--ham/Cheese  
Tuesday--garden salad/chicken  
Wednesday--turkey sandwich  
thursday--chicken casear salad  
Fridays--Italian mixed sanwich

Lunch is Free  
Choice of fat free white or chocolate milk served with meals  
Fresh fruits/Vegetables

Any questions contact your FSD Rich Hollander at 518-328-5490 or email to [rhollander@whitsons.com](mailto: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.