



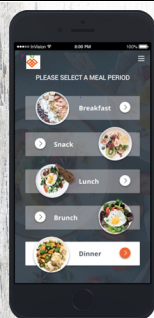
# Welcome to our Lunch Cafe

# Troy HS

# March 2021

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
1 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> Fresh Baby Carrots	2 Homemade Crispy Chicken Drumsticks <i>seasoned chicken coated in breadcrumbs and baked to crisp perfection</i> Oven Baked Fries	3 Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Baked Beans	4 Two Cheese Quesadilla <i>grilled cheese quesadilla</i> Mild Salsa Sour Cream	5 Homemade Three Cheese Stromboli Pepperoni Marinara Sauce
8 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Marinara Sauce Steamed Carrots	9 Fiesta Chicken Rice Bowl <i>rice topped with beans, chicken, corn and cheese</i> Sweet Corn	10 Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Green Beans	11 Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> Baked Beans	12 French Bread Pizza <i>crispy French bread smothered with tomato sauce and melted cheese</i> Steamed Broccoli
15 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> Steamed Carrots	16 Buffalo Chicken and Cheese Quesadilla <i>fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce</i> Green Beans	17 Whole Grain Waffles with Sausage <i>light and crispy waffles served with a sausage patty</i> Strawberries Baked Potato Wedges 	18 Homemade Chili <i>hearty chili with tomatoes, spicy peppers and beans topped with cheddar cheese</i> WG Corn Muffin Baked Beans	19 Homemade Three Cheese Stromboli Pepperoni Chilled Pizza Sauce Steamed Broccoli
22 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Marinara Sauce Steamed Carrots	23 Crispy Chicken Sandwich <i>warm crispy breaded chicken on a bun prepared in-house</i> Green Beans	24 Grilled Cheese with Bacon <i>grilled cheese with layers of crisp bacon on toasty bread</i> Tomato Soup	25 Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i> Baked Beans	26 Garlic French Bread Pizza <i>garlic infused french bread baked until crisp with a layer of melted cheese</i> Steamed Broccoli
29 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> Steamed Carrots	30 Baked Chicken Tenders Honey Mustard Dressing Dinner Roll Sweet Corn	31 Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> Green Beans	<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>	

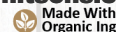
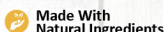


We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



**LUNCHES ARE FREE**  
Served with a fat free milk fresh fruits vegetables whole grains

**Other choices include**  
MONDAY–Ham/cheese sandwich  
TUESDAY–Salads  
WEDNESDAY–Turkey sandwich  
THURSDAY–Chicken salads  
FRIDAY–Mixed subs  
YOGURT LUNCHES, BURGERS– DAILY  
questions call your FSD Rich Hollander 518-859-5490 or [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.