Welcome to our Lunch Cafe

WHITSONS School Nutrition

Troy HS

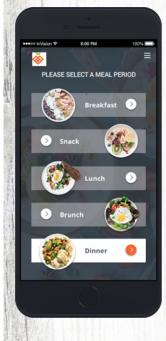
May 2021

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
3 Grilled Cheese Sandwich *golden toasted bread with melted gooey cheese pressed and prepared in-house* Fresh Baby Carrots	4 Homemade Crispy Chicken Drumsticks *seasoned chicken coated in breadcrumbs and baked to crisp perfection* Oven Baked Fries	5 Cheeseburger *burger topped with cheese on a freshly toasted bun* Baked Beans	6 Two Cheese Quesadilla *grilled cheese quesadilla* Mild Salsa Sour Cream	7 Homemade Three Cheese Stromboli Pepperoni Marinara Sauce Steamed Broccoli
10 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* Marinara Sauce Steamed Carrots	11 Chicken Parmesan Over Pasta *oven baked chicken topped with sauce and melted cheese, all over pasta* Homemade Garlic Bread Sweet Corn	12 Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese sauce* Green Beans	13 Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella* Baked Beans	14 French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese* Steamed Broccoli
17 Grilled Cheese Sandwich *golden toasted bread with melted gooey cheese pressed and prepared in-house* Steamed Carrots	18 Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Goldfish Crackers Green Beans	19 Whole Grain Waffles with Sausage *light and crispy waffles served with a sausage patty* Baked Potato Wedges Strawberries 	20 Homemade Chili *hearty chili with tomatoes, spicy peppers and beans topped with cheddar cheese* WG Corn Muffin Baked Beans	21 Homemade Three Cheese Stromboli Pepperoni Chilled Pizza Sauce Steamed Broccoli
24 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* Marinara Sauce Steamed Carrots	25 Crispy Chicken Sandwich *warm crispy breaded chicken on a bun prepared in-house* Green Beans	26 NY Fruity Yogurt Parfait with Granola *local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola* Green Bean Salad	27 Beef Hot Dog on Bun *juicy beef hot dog on a soft bun* Baked Beans Homemade Mac & Cheese *pasta in cheese sauce, garnished with parsley*	28 SCHOOL CLOSED TODAY
31 				

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.

LUNCHES ARE FREE
Served with a fat free milk fresh fruits vegtables 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

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · 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.