

# Welcome to our Lunch Cafe at...

# Jacobs Elementary

# September 2018

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday

## 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.



<p>3</p>	<p>4 Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🍴 Fresh Apple Diced Peaches Fresh Pear</p>	<p>5 Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Red Pepper Strips Green Beans Fresh Apple Berry Cup</p>	<p>6 Chicken &amp; Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🍴🍴 Confetti Kidney Bean Salad Garden Salad Mixed Fruit Fresh Grapes</p>	<p>7 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🍴🍴 Garden Salad Celery Fresh Strawberries Fresh Banana</p>
<p>10 Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🍴🍴🍴 Lemon Parmesan Peas Garden Salad Mixed Fruit Fresh Melon Cup</p>	<p>11 Homemade French Toast 🍴🍴 Crispy Sausage Links 🍴 Hash Brown Potatoes Fresh Baby Carrots With All Natural Light Ranch Dressing Organic Applesauce 🍴 Fresh Orange</p>	<p>12 Cheeseburger Or Burger Roasted Squash Grape Tomatoes Diced Pear Cup Fresh Grapes</p>	<p>13 Homemade Chicken Parm hand breaded chicken cutlets baked in the oven with sauce and melted cheese 🍴 Green Beans Baked Beans Diced Peach Cup Fresh Pear</p>	<p>14 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🍴🍴 Steamed Broccoli Spinach Salad Fresh Orange Fresh Banana</p>
<p>17 Cheese Quesadilla freshly grilled flour tortilla with melty cheese Fiesta Corn Celery Pineapple Fresh Orange</p>	<p>18 Chicken &amp; Vegetable Rice Bowl fluffy rice topped with vegetable stir fry and baked chicken 🍴 Steamed Carrots Sugar Snap Peas Organic Applesauce 🍴 Fresh Pear</p>	<p>19 Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍴🍴 Steamed Broccoli Grape Tomatoes Berry Cup Fresh Grapes</p>	<p>20 Chicken Nuggets Brown Rice Fluffy Mashed Potatoes Cinnamon &amp; Honey Roasted Beans Fresh Orange Diced Peaches</p>	<p>21 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🍴🍴 Celery Garden Salad Strawberry Cup Fresh Banana</p>
<p>24 Homemade Mac &amp; Trees steamed pasta in cheese sauce, topped with broccoli and baked to perfection 🍴🍴 Steamed Peas Red Pepper Strips Pineapple Cup Fresh Orange</p>	<p>25 Fluffy Whole Grain Pancakes 🍴 Crispy Sausage Links Hash Brown Potatoes Fresh Baby Carrots With All Natural Light Ranch Dressing Organic Applesauce 🍴 Fresh Melon Cup</p>	<p>26 Homemade Chili 🍴 Mexican Style Rice Red Pepper Strips Baked Beans Diced Peaches Fresh Pear</p>	<p>27 Quesadilla Santa Fe juicy chicken, cheese, roasted peppers and corn inside a soft tortilla wrap spread with salsa prepared in-house 🍴 Sriracha Garbanzo Beans Celery Fresh Apple Berry Cup</p>	<p>28 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🍴🍴 Garden Salad Steamed Broccoli Fresh Orange Fresh Banana</p>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



**Breakfast available daily for all students!**

Regular Breakfast: \$1.75  
Reduced Breakfast \$30

**Lunch Prices**

Regular Lunch: \$3.00  
Reduced Lunch: \$.40

**Alternate Meals Available Daily**

**Bagel Fun Lunch:** whole wheat bagel with low fat cream cheese low fat yogurt, and cheese stick

**Garden Salad Entree:** mixed greens with tomatoes, sliced cucumbers, low fat shredded cheese & a whole grain roll

**Deli Sandwich Selection:** sliced turkey or turkey-ham with American cheese and crisp lettuce and tomato on whole wheat bread or wrap

**Choice of Healthy Harvest Bar Offered Daily**

🌿 VEGETARIAN   🍴 MADE WITH NATURAL INGREDIENTS   🐷 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.