

# Lunch Menu

Fall River Saint Michael School

October 2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

## Monday

**2** Egg and Cheese Sandwich  
Crispy Potato Puffs  
Sweet Corn  
Cauliflower  
Diced Pear Cup  
Sliced Oranges

## Tuesday

**3** Baked Chicken Tenders  
Mashed Potatoes  
Green Beans  
Grape Tomatoes  
Diced Peaches  
Fresh Red Delicious  
Apple

## Wednesday

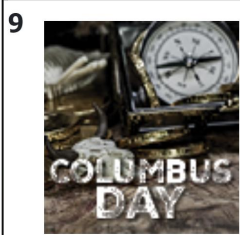
**4** Homemade Pasta & Meatballs  
Steamed Carrots  
Celery  
Mixed Fruit  
Fresh Banana

## Thursday

**5** Soft Tacos  
Rice & Beans  
Cucumber Coins  
Diced Pear Cup  
Sliced Oranges

## Friday

**6** Cheese Pizza  
With Garden Salad  
Broccoli Bites  
Diced Peaches  
Sliced Oranges



**9**

**10** Crispy Chicken Sandwich  
Crispy Potato Puffs  
Sweet Corn  
Grape Tomatoes  
Mixed Fruit  
Fresh Banana

**11** Pasta with Meat Sauce  
Steamed Peas  
Carrot Sticks  
Sliced Peaches  
Fresh Banana

**12** Sweet & Sour Chicken  
Sauce & Toss  
Oven Baked Fries  
Sweet Corn  
Confetti Black Bean Salad  
Sliced Pears  
Fresh Red Delicious  
Apple

**13** Classic Cheese Pizza  
With Garden Salad  
Broccoli Bites  
Sliced Peaches  
Sliced Oranges

**16** Fluffy Whole Grain Pancakes  
Crispy Potato Puffs  
String Cheese  
Steamed Peas  
Celery Sticks  
Diced Pear Cup  
Organic Applesauce

**17** Beef Hot Dog on Bun  
Baked Beans  
Mixed Vegetables  
Grape Tomatoes  
Mixed Fruit  
Fresh Red Delicious  
Apple

**18** Meatball Sandwich  
Oven Baked Fries  
Sweet Corn  
Carrot Dippers  
Diced Pear Cup  
Pineapple

**19** Nachos Grande  
Confetti Black Bean Salad  
Celery Sticks  
Cucumber Coins  
Sliced Peaches  
Fresh Banana

**20** Cheese Pizza  
With Garden Salad  
Broccoli Bites  
Sliced Pears  
Sliced Oranges

**23** Cinnamon French Toast  
Crispy Potato Puffs  
String Cheese  
Sweet Corn  
Grape Tomatoes  
Strawberry Cup  
Sliced Oranges

**24** Cheeseburger  
Oven Baked Fries  
Mixed Vegetables  
Grape Tomatoes  
Mixed Fruit  
Fresh Red Delicious  
Apple

**25** Sweet & Sour Chicken  
Sauce & Toss  
Brown Rice Pilaf  
Cucumber Coins  
Diced Peaches  
Fresh Banana

**26** Soft Tacos  
Confetti Black Bean Salad  
Mixed Vegetables  
Carrot Dippers  
Pineapple  
Organic Applesauce

**27** Cheese Pizza  
With Garden Salad  
Broccoli Bites  
Diced Pear Cup  
Sliced Oranges

**30** Nachos with Cheese  
Cauliflower  
Cucumber Coins  
Diced Pear Cup  
Fresh Apple

**31** Beef Hot Dog on Bun  
Baked Beans  
Sweet Corn  
Grape Tomatoes  
Mixed Berry Cup  
Sliced Oranges

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.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.

\*\*\*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



If You Have Questions Regarding The Menu  
Please Contact: The Food Service Director: Robert Cutting @ 508-675-8100 ext 41591

Deli Sandwiches Mon: Ham & Cheese, Tue: Turkey & Cheese, Wed: ham & cheese Thurs: Turkey & Cheese, Fri: Tuna  
Offered Daily: Sunbutter & Jelly Sandwich And Garden Salad with cheese, Assorted Fruit Vegetables, Fat free Chocolate & 1% white Condiments: Ketchup, Mustard, Mayo ,BBQ Sauce, Italian dressing Ranch dressing

