

Welcome to our Lunch Cafe at...

Fall River Elementary Schools

September 2019

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.



2	3 Baked Chicken Tenders Fluffy Mashed Potatoes Steamed Carrots Pineapple Cup Applesauce	4 Pasta & Meat Sauce 🍷🍷 Green Beans Carrot Dippers Cinnamon Apple Slices Sliced Oranges	5 Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 🍷 Steamed Peas Diced Pear Cup Fresh Banana	6 Classic Cheese Pizza 🍷 With Garden Salad Broccoli Bites Diced Pear Cup Fresh Granny Smith Apple
9 Homemade Mac & Cheese 🍷🍷 Sweet Corn Carrot Dippers Sliced Peaches Fresh Empire Apple	10 Chicken and Waffles <i>crispy chicken tenders on top of fluffy waffles</i> With Syrup Steamed Carrots Celery Sticks Pineapple Cup Mixed Fruit	11 Barbecue Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i> 🍷 Fluffy Mashed Potatoes Green Beans Carrot Dippers Cinnamon Applesauce Sliced Oranges	12 Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Beans & Rice 🍷🍷🍷 Celery Sticks Sliced Pears Fresh Banana	13 Classic Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> 🍷 With Garden Salad Broccoli Bites Sliced Peaches Fresh Apple
16 Cheese Ravioli with Tomato Sauce 🍷🍷 Steamed Peas Celery Sticks Cinnamon Applesauce Fresh Pear	17 Sausage and Egg Sandwich <i>warm breakfast sandwich prepared in-house with fluffy eggs and savory sausage</i> 🍷 Crispy Potato Puffs With Steamed Carrots Celery Sticks Mixed Fruit Sliced Oranges	18 Meatball Sandwich <i>warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house</i> 🍷 Green Beans Carrot Dippers Diced Pear Cup Pineapple	19 Soft Tacos 🍷 Mexican Style Rice Baby Carrots Celery Sticks Sliced Peaches Fresh Banana	20 Classic Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> 🍷 With Garden Salad Broccoli Bites Sliced Pears Fresh Apple
23 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> 🍷 Steamed Peas Celery Sticks Sliced Peaches Fresh Apple	24 Crispy Chicken Sandwich Oven Baked Fries Carrot Dippers Steamed Carrots Cinnamon Apple Slices Fresh Pear	25 Pasta & Meat Sauce 🍷🍷 Sweet Corn Celery Sticks Mixed Fruit Fresh Banana	26 Cheeseburger Oven Baked Fries Green Beans Carrot Dippers Pineapple Cinnamon Apple Slices	27 Classic Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> 🍷 With Garden Salad Broccoli Bites Diced Pear Cup Sliced Oranges
30 Homemade Mac & Cheese 🍷🍷 Sweet Corn Carrot Dippers Diced Pear Cup Fresh Apple				



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 and obesity.



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: Bologna & Cheese, Fri: Tuna

Offered Daily: Sunbutter & Jelly Sandwich And Garden Salad with cheese, Assorted Fruits and Vegetables, Fat free Chocolate & Low Fat White Condiments: Ketchup, Mustard, Mayo, BBQ Sauce, Italian dressing Ranch dressing

Milk \$.25

🍷 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.