

# Breakfast Menu

# Walden School

July 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Homemade Apple Cinnamon Oatmeal Red. Sugar Cocoa Puffs Cereal Graham Crackers	2 Homemade French Toast Strawberry Smoothie	3 Sausage, Egg & Cheese Burrito* Organic Low Fat Yogurt Cup Organic Granola	4 Ham Egg & Cheese Sandwich Chunky Monkey Smoothie	5 Breakfast Pizza Homemade Blueberry Muffins	6 Whole Grain Pancakes with Sausage Very Berry Smoothie	7 Scrambled Eggs with Cheese Crispy Potato Puffs Whole Grain Bagel with Cream Cheese
8 Sausage and Cheese Sandwich Red. Sugar Cocoa Puffs Cereal Graham Crackers	9 Fluffy Whole Grain Waffles Homemade Muffins	10 Veggie Frittata Organic Low Fat Yogurt Cup Organic Granola	11 Bacon, Egg and Cheese Breakfast Sandwich Strawberry Banana Smoothie	12 Homemade French Toast Strawberry Smoothie	13 Scrambled Eggs with Cheese Crispy Potato Puffs Whole Grain Bagel with Cream Cheese	14 Whole Grain Pancakes with Sausage Very Berry Smoothie
15 Homemade Apple Cinnamon Oatmeal Red. Sugar Cocoa Puffs Cereal Graham Crackers	16 Homemade French Toast Strawberry Smoothie	17 Sausage, Egg & Cheese Burrito* Organic Low Fat Yogurt Cup Organic Granola	18 Ham Egg & Cheese Sandwich Chunky Monkey Smoothie	19 Breakfast Pizza Homemade Blueberry Muffins	20 Whole Grain Pancakes with Sausage Very Berry Smoothie	21 Scrambled Eggs with Cheese Crispy Potato Puffs Whole Grain Bagel with Cream Cheese
22 Sausage and Cheese Sandwich Red. Sugar Cocoa Puffs Cereal Graham Crackers	23 Fluffy Whole Grain Waffles Homemade Muffins	24 Veggie Frittata Organic Low Fat Yogurt Cup Organic Granola	25 Bacon, Egg and Cheese Breakfast Sandwich Strawberry Banana Smoothie	26 Homemade French Toast Strawberry Smoothie	27 Scrambled Eggs with Cheese Crispy Potato Puffs Whole Grain Bagel with Cream Cheese	28 Whole Grain Pancakes with Sausage Very Berry Smoothie
29 Homemade Apple Cinnamon Oatmeal Red. Sugar Cocoa Puffs Cereal Graham Crackers	30 Homemade French Toast Strawberry Smoothie	31 Sausage, Egg & Cheese Burrito* Organic Low Fat Yogurt Cup Organic Granola				



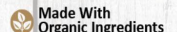
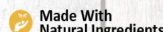
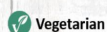
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

\*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.



# Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Homemade Mac & Cheese Buffalo Chicken Mac & Cheese Loaded Vegan Sweet Potato Bowl	2 Chicken Parmesan Over Pasta Vegetable Tofu Lo Mein	3 Chicken Bowl with Gravy Portobello Panini	4 Cheeseburger Cheesy Veggie Burger Roasted Chili Corn on the Cob Homemade Lite Veggie	5 BBQ Pulled Pork BBQ Nacho Bowl Vegan	6 Salisbury Steak Middle Eastern Veggie Burger	7 Chili Stuffed Baked Potato
8 Veggabol Edamame & Chickpea Rice Bowl Spicy Buffalo Chickpea Wrap <b>MEATLESS MONDAY</b>	9 Baked Pasta with Homemade Meat Sauce Lentil Chana Dal Halal	10 General Tso's Chicken Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta	11 Black Bean & Sweet Potato Burrito Vegetarian Chili Brown Rice Pilaf	12 Philly Cheese Steak Balsamic Glazed Vegetable Sandwich Oven Baked Fries	13 Beef & Broccoli Stir Fry Vegetables Brown Rice	14 Homemade Chicken & Broccoli Alfredo Homemade Pasta & Broccoli with Garlic & Oil
15 Homemade Mac & Cheese Buffalo Chicken Mac & Cheese Loaded Vegan Sweet Potato Bowl	16 Chicken Parmesan Over Pasta Vegetable Tofu Lo Mein	17 Chicken Bowl with Gravy Portobello Panini	18 Cheeseburger Cheesy Veggie Burger Roasted Chili Corn on the Cob Homemade Lite Veggie	19 BBQ Pulled Pork BBQ Nacho Bowl Vegan	20 Salisbury Steak Middle Eastern Veggie Burger	21 Chili Stuffed Baked Potato
22 Veggabol Edamame & Chickpea Rice Bowl Spicy Buffalo Chickpea Wrap	23 Baked Pasta with Homemade Meat Sauce Lentil Chana Dal Halal	24 General Tso's Chicken Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta	25 Black Bean & Sweet Potato Burrito Vegetarian Chili Brown Rice Pilaf	26 Philly Cheese Steak Balsamic Glazed Vegetable Sandwich Oven Baked Fries	27 Beef & Broccoli Stir Fry Vegetables Brown Rice	28 Homemade Chicken & Broccoli Alfredo Homemade Pasta & Broccoli with Garlic & Oil
29 Homemade Mac & Cheese Buffalo Chicken Mac & Cheese Loaded Vegan Sweet Potato Bowl	30 Chicken Parmesan Over Pasta Vegetable Tofu Lo Mein	31 Chicken Bowl with Gravy Portobello Panini				



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Available Daily

Cheese Pizza, Turkey Pepperoni Pizza by the slice, featuring whole grain rich pizza dough, Deli Sandwich Option

Tossed Garden Salad, Chef Salad, and Chicken Caesar Salad

Organic Yogurt with Organic Strawberries and Organic Granola

All Meals Include:

Vegetarian 
 Made With Natural Ingredients 
 Pork 
 Smart Choice 
 Made With Organic Ingredients

Protein, Vegetable, Choice of Fruit, Choice of Fruit, Choice of Milk and a Whole Wheat Dinner Roll

[www.whitsons.com](http://www.whitsons.com)

# Dinner Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 Roast Pork Loin Loaded Vegan Sweet Potato Bowl Brown Rice Pilaf Baked Plantains	4 Homemade Pasta & Meat Sauce Pasta with Sauce Homemade Garlic Bread Sautéed Zucchini	5 Sausage Onions & Peppers Sandwich Middle Eastern Veggie Burger Crispy Potato	6 Homemade Curry Chicken and Rice Chana Masala Halal Green Beans	7 Enchilada Spicy Beef with Cheese Rice and Bean Enchilada Sweet Corn
8 Homemade Shepherd's Pie Black Bean and Cheese Stuffed Peppers	9 Chicken with Gravy Homemade Mashed Potatoes Zucchini and Tomato Gratin Roasted Vegetable	10 Meaty Lasagna Rollup Seasoned Lasagna Homemade Garlic Bread Steamed	11 Crispy Beef Stir Fry Stir Fry Vegetables Rice	12 Pork Carnitas Cilantro Garlic Rice Halal Vegabol Enchilada Bean Chili Bowl Fiesta Corn	13 Tot Spot's Loaded Nacho Tater Tots Tot Spot's Black Bean Confetti Tater Tots Steamed Peas	14 Grilled Chicken Teriyaki Sandwich Veggie Burger on Bun Oven Baked Fries Sautéed
15 Pacific Rim Chicken Hawaiian Pineapple Fried Rice Incredibowl Sweet Potato & Black Bean Quinoa Bowl	16 Grilled Cheese with Bacon Grilled Cheese Sandwich Tomato Soup Sautéed Vegetable	17 Roast Pork Loin Loaded Vegan Sweet Potato Bowl Brown Rice Pilaf Baked Plantains	18 Homemade Pasta & Meat Sauce Pasta with Sauce Homemade Garlic Bread Sautéed Zucchini	19 Sausage Onions & Peppers Sandwich Middle Eastern Veggie Burger Crispy Potato	20 Homemade Curry Chicken and Rice Chana Masala Halal Green Beans	21 Enchilada Spicy Beef with Cheese Rice and Bean Enchilada Sweet Corn
22 Homemade Shepherd's Pie Black Bean and Cheese Stuffed Peppers	23 Chicken with Gravy Homemade Mashed Potatoes Zucchini and Tomato Gratin Roasted Vegetable	24 Meaty Lasagna Rollup Seasoned Lasagna Homemade Garlic Bread Steamed	25 Crispy Beef Stir Fry Stir Fry Vegetables Rice	26 Homemade Chicken & Broccoli Alfredo Alfredo Pasta with Garlic Roasted Broccoli Homemade	27 Tot Spot's Loaded Nacho Tater Tots Tot Spot's Black Bean Confetti Tater Tots Steamed Peas	28 Grilled Chicken Teriyaki Sandwich Veggie Burger on Bun Oven Baked Fries Sautéed
29 Homemade Pasta & Broccoli with Garlic & Oil Homemade Pasta Rustica Garlic Green	30 Grilled Cheese with Bacon Grilled Cheese Sandwich Tomato Soup Sautéed Vegetable	31 Roast Pork Loin Loaded Vegan Sweet Potato Bowl Brown Rice Pilaf Baked Plantains				



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