



Welcome to our Lunch Cafe

Newton Public Schools

January
2021

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/DBF 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

HARVEST of the MONTH

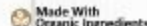
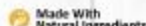
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



<p>4</p> <p>1 - Crispy Chicken Sandwich 2 - Bagel Fun Lunch <i>a protein packed lunch with yogurt, cheese stick and a bagel</i></p>	<p>5</p> <p>1 - Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken and served with dinner roll(s)</i> 2 - Hummus and Pretzel <i>a soft organic whole wheat pretzel with hummus</i></p>	<p>6</p> <p>1 - Chicken Delight Wrap <i>tender chicken and melted cheese wrapped in a tortilla</i> 2 - Simply Boxed Yogurt Power Pack <i>freshly made meal with yogurt, diced cheese, granola and dried fruit</i></p>	<p>7</p> <p>1 - Crispy Chicken Sandwich 2 - Bagel Fun Lunch <i>a protein packed lunch with yogurt, cheese stick and a bagel</i></p>	<p>8</p> <p>1 - Salad Plate With Crispy Chicken 2 - Hummus and Pretzel</p>
<p>11</p> <p>1 - Turkey & Cheese Sandwich 2 - Not-A-Nut Butter & Jelly Sandwich</p>	<p>12</p> <p>1 - Pizza Salad <i>tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens</i> 2 - Muffin Lunch <i>moist muffin served with a side of string cheese</i></p>	<p>13</p> <p>1 - Crunch Wrap Taco <i>fiesta-style meat with melted cheese arranged in a hard taco shell surrounded by a tortilla</i> 2 - Simply Boxed Egg Protein Pack <i>freshly packed meal with a hard boiled egg, nut-free spread, fruit and pretzels</i></p>	<p>14</p> <p>1 - Turkey & Cheese Sandwich 2 - Not-A-Nut Butter & Jelly Sandwich</p>	<p>15</p> <p>1 - Pizza Salad 2 - Muffin Lunch</p>
<p>18</p> 	<p>19</p> <p>1 - Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> With Chicken 2 - Hummus and Pretzel</p>	<p>20</p> <p>1 - BBQ Turkey Wrap <i>turkey breast, bbq sauce, lettuce and tomato on a wrap</i> 2 - Mexican Salad <i>salad with beans, corn, sour cream, and salsa</i></p>	<p>21</p> <p>1 - BBQ Turkey Wrap 2 - Mexican Salad</p>	<p>22</p> <p>1 - Greek Salad With Chicken 2 - Hummus and Pretzel</p>
<p>25</p> <p>1 - Turkey BLT Sandwich 2 - Not-A-Nut Butter & Jelly Sandwich</p>	<p>26</p> <p>1 - Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> 2 - Muffin Lunch</p>	<p>27</p> <p>1 - Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> 2 - Simply Boxed Yogurt Power Pack</p>	<p>28</p> <p>1 - Turkey BLT Sandwich 2 - Not-A-Nut Butter & Jelly Sandwich</p>	<p>29</p> <p>1 - Chef Salad 2 - Muffin Lunch</p>



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.



*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.