



Welcome to our Lunch Cafe

Newton HS/Middles

March 2021

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP 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
1 BBQ Turkey Wrap <i>turkey breast, bbq sauce, lettuce and tomato on a wrap</i> 🍷	2 Simply Boxed Mighty Egg Pack <i>freshly packed meal with hard boiled egg, cinnamon and honey yogurt, fruit medley and dipping chips</i> 🍷 🍷 🍷	3 Buffalo Chicken Wrap 🍷	4 BBQ Turkey Wrap <i>turkey breast, bbq sauce, lettuce and tomato on a wrap</i> 🍷	5 Simply Boxed Mighty Egg Pack <i>freshly packed meal with hard boiled egg, cinnamon and honey yogurt, fruit medley and dipping chips</i> 🍷 🍷 🍷
8 Turkey & Cheese Sandwich <i>freshly made and thinly sliced turkey and cheese sandwich</i>	9 Simply Boxed Pretzel Energy Box <i>freshly prepared on the go pretzel, cheese stick and fruit mix</i> 🍷 🍷 🍷	10 Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i> 🍷	11 Turkey & Cheese Sandwich <i>freshly made and thinly sliced turkey and cheese sandwich</i>	12 Simply Boxed Pretzel Energy Box <i>freshly prepared on the go</i> 🍷 🍷 🍷
15 BBQ Chicken Wrap <i>chicken breast with BBQ sauce, lettuce and tomato in a wrap</i> 🍷	16 Chicken Caesar Salad 🍷	17 Salami and Cheese Sandwich 🍷 *All salami used in this menu item is a turkey product and does not contain pork.*	18 BBQ Chicken Wrap <i>chicken breast with BBQ sauce, lettuce and tomato in a wrap</i> 🍷	19 Chicken Caesar Salad 🍷
22 Italian Combo Sandwich <i>freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato</i> 🍷 🍷	23 BLT Sandwich with Turkey and Cheese <i>crispy bacon, thin sliced turkey and melted cheese topped with lettuce and tomato on toasted bread</i> 🍷 🍷 *All bacon used in this menu item is a turkey product and does not contain pork.*	24 Chicken Caesar Wrap 🍷	25 Italian Combo Sandwich <i>freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato</i> 🍷 🍷	26 BLT Sandwich with Turkey and Cheese <i>crispy bacon, thin sliced turkey and melted cheese topped with lettuce and tomato on toasted bread</i> 🍷 🍷 *All bacon used in this menu item is a turkey product and does not contain pork.*
29 Ham & Cheese Sandwich 🍷	30	31 Chicken Delight Wrap		

<https://www.fdmealplanner.com>

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.



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.

