




# Welcome to our Lunch Cafe

# Winchester Muraco Elem

# May 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef and Tomato Macaroni Casserole 🍷 With Garden Salad And Homemade Garlic Bread Fresh Orange	3 Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> 🍷 With Baby Carrots Raisins	4 American Beauty <i>freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato</i> 🍷 With Tomato Salad And Potato Chips Mixed Fruit	5 Cheese Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella and parmesan cheeses</i> With Green Peas Applesauce	6 EARLY RELEASE K-12 
9 Cheese Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella and parmesan cheeses</i> With Caesar Salad Fresh Apple	10 BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> With Brown Rice And Fiesta Corn Sliced Peaches	11 Rainbow Kale Salad <i>fresh kale, peppers, carrots and avocado tossed in a lemon vinaigrette topped with beans and sunflower seeds</i> 🍷 With Whole Wheat Dinner Roll Fresh Apple	12 Whole Grain Pancakes with Ham <i>light and fluffy pancakes served with thinly sliced ham</i> P Syrup And Carrot Sticks Mixed Fruit	13 Turkey & Cheese Sandwich <i>freshly made and thinly sliced turkey and cheese sandwich</i> With Celery Sliced Peaches
16 Mexi Beef Enchilada <i>a soft tortilla filled with tender mexi beef and cooked rice, baked in the oven and layered with salsa</i> 🍷 With Refried Beans Fresh Granny Smith Apple	17 Cheese Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella and parmesan cheeses</i> With Salad Mix Sliced Peaches	18 Meatball Sandwich <i>warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house</i> With Steamed Broccoli Fresh Orange	19 Tuna Salad Sandwich <i>freshly made sandwich topped with creamy tuna salad</i> 🍷 With Cucumber Coins And Cheez-Its Fresh Orange	20 Buffalo Turkey & Cheese Wrap <i>turkey breast with buffalo sauce, American cheese, lettuce and tomato in a wrap</i> 🍷 With Mango & Cucumber Salsa Raisins
23 Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> 🍷 With Potato Salad And Mini Pretzel Twists Fresh Apple	24 Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> 🍷 With Salad Mix Fresh Granny Smith Apple	25 Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🍷 Dried Cranberries	26 Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> 🍷 With Fluffy Mashed Potatoes And Steamed Peas Raisins	27 Cheese Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella and parmesan cheeses</i> With Green Bean Salad Mixed Fruit



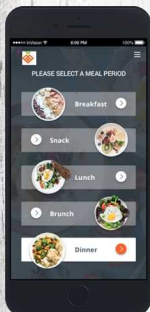
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**MEMORIAL DAY**

31 Barbecue Rib Sandwich  
*warm BBQ rib patty on a bun prepared in-house* P  
With Baked Beans  
Diced Pear Cup

## 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.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.

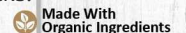
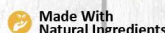


All Students receive FREE Breakfast & Lunch Meals For the Entire 2021-2022 School Year.

Our goal is to provide exceptional meals while following State and Federal guidelines.

Available Daily: Healthy Choice Garden Salad or PBJ Sandwich Cupped & Fresh Fruit, Side Salad, Carrots Sticks or Vegetable of the day. Ff Chocolate or 1% Milk

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Manage your child's account. Visit [www.myschoolbucks.com](http://www.myschoolbucks.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. This institution is an equal opportunity provider.