

# Lunch Menu

# Espirito Santo

August 2025

WHITSON'S FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

|    |                                                                                     |                                                                                                                          |                                                                                                                                              |                          |
|----|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 4  | 5                                                                                   | 6                                                                                                                        | 7                                                                                                                                            | 8                        |
| 11 | 12                                                                                  | 13                                                                                                                       | 14                                                                                                                                           | 15                       |
| 18 | 19                                                                                  | 20                                                                                                                       | 21                                                                                                                                           | 22                       |
| 25 | 26                                                                                  | 27                                                                                                                       | 28                                                                                                                                           | 29                       |
|    |  | Baked Chicken Tenders<br>Mashed Potatoes<br>Brown Gravy<br>Steamed Peas<br>Carrot Dippers<br>Pineapple<br>Sliced Oranges | Fluffy Whole Grain Waffles<br>String Cheese<br>Strawberry Yogurt<br>Crispy Potato Puffs<br>Garbanzo Beans<br>Sliced Peaches<br>Sliced Apples | Cold Cut/Deli Sandwiches |

View this menu on the mobile app, FDMMealPlanner, or on the web at [www.FDMMealPlanner.com](http://www.FDMMealPlanner.com)

\*Consuming raw or undercooked meat, poultry, sea food, 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

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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: Turkey & Cheese, Fri: Tuna

Offered Daily: Sunbutter & Jelly Sandwich And Garden Salad with cheese, Assorted Fruit Vegetables, Fat free Chocolate & 1% White