

# Lunch Menu

# Espirito Santos

February  
2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

2 Fluffy Whole Grain Pancakes   
Crispy Potato Puffs  
Light Mozzarella Cheese Stick Syrup  
Strawberry Cup  
Fresh Apple  
Chickpea Salad



3 Homemade Pasta & Meat Sauce   
WG Garlic Texas Toast  
Green Beans  
Broccoli Florets  
Applesauce  
Sliced Oranges

4 Mozzarella Stick & Chicken Nugget Combo Meal  
Marinara Dipping Cup  
Steamed Broccoli  
Baby Carrots  
Sliced Peaches  
Apple Slices

5 Cheeseburger  
Oven Baked Fries  
Baked Beans  
Baby Carrots  
Sliced Oranges  
Pineapple Cup

6 **EARLY RELEASE**  
  
**PD DAY**  
  
Cold Cut Sandwich  
Ham, Turkey or Sunbutter

9 Egg and Cheese Sandwich   
Crispy Potato Puffs  
Applesauce  
Baby Carrots  
Sliced Oranges

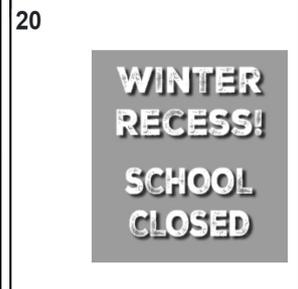
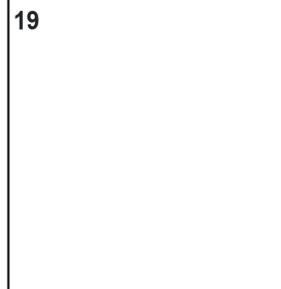
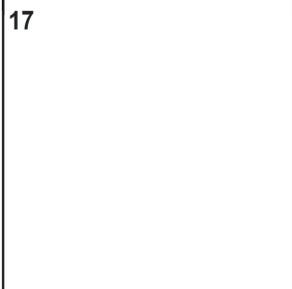
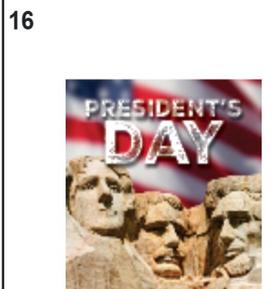


10 Soft Tacos  
Yellow Seasoned Rice  
Fiesta Corn  
Mild Salsa  
Sour Cream PC  
Celery  
Sliced Peaches  
Apple Slices

11 Chicken Nuggets  
Baked Beans  
Oven Baked Fries  
BBQ Sauce  
Cucumber Coins  
Pineapple Cup  
Fresh Apple

12 Chicken & Broccoli Alfredo   
WG Garlic Texas Toast  
Steamed Broccoli  
Grape Tomatoes  
Diced Pear Cup  
Sliced Oranges

13 Cheese Pizza    
With Garden Salad  
Broccoli Bites  
Diced Peaches  
Fresh Banana



23 Cheese Toretillini with Tomato Sauce   
WG Garlic Texas Toast  
Mixed Vegetables  
Celery Sticks  
Diced Pear Cup  
Fresh Apple



24 Nachos Grande  
Mild Salsa  
Sour Cream PC  
Black Bean and Pepper Salad  
Sweet Corn  
Sliced Peaches  
Apple Slices

25 Baked Chicken Tenders  
Mashed Potatoes  
Brown Gravy  
Green Beans  
Whole Wheat Dinner Roll  
Baby Carrots  
Sliced Peaches  
Apple Slices

26 Sloppy Joe on a Bun   
Homemade Lite Veggie Pasta Salad  
Steamed Carrots  
Broccoli Florets  
Sliced Oranges  
Applesauce

27 Cheese Pizza    
Or Fish Patty Melt Sandwich  
With Garden Salad  
Grape Tomatoes  
Pineapple Cup  
Fresh Banana

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. If you have a food allergy, or intolerance, please notify us.

\*\*\*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.



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

