

# Lunch Menu

# Espirito Santos

January  
2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday


Tuesday

Wednesday

Thursday

Friday

5 Cinnamon French Toast   
Crispy Potato Puffs  
Light Mozzarella Cheese Stick  
Syrup  
Celery Sticks  
Diced Pear Cup  
Fresh Apple

12 Homemade Baked Pasta with Cheese   
WG Garlic Texas Toast  
Steamed Broccoli  
Grape Tomatoes  
Diced Pear Cup  
Sliced Oranges

19   
MEATLESS MONDAY


26 Fluffy Whole Grain Waffles   
Vanilla Yogurt  
Light Mozzarella  
Cheese Stick  
Baby Carrots  
Cherry Tomatoes  
Diced Pear Cup  
Sliced Oranges


6 Baked Chicken Tenders  
Mashed Potatoes  
Sweet Corn  
Whole Wheat Dinner Roll  
Celery  
Sliced Peaches  
Sliced Oranges

13 Nachos Grande  
Mild Salsa  
Sour Cream PC  
Confetti Black Bean Salad  
Steamed Carrots  
Sliced Peaches  
Apple Slices

20 Sausage, Egg and Cheese Sandwich  
Crispy Potato Puffs  
Cinnamon & Honey  
Roasted Beans  
Applesauce  
Sliced Oranges

27 Seared Dumplings   
Light Soy Sauce  
Vegetable Rice Pilaf  
Steamed Carrots  
Broccoli Florets  
Pineapple Cup  
Fresh Red Delicious Apple

7 Homemade Pasta & Meatballs   
WG Garlic Texas Toast  
Green Beans  
Baby Carrots  
Grape Tomatoes  
Diced Pear Cup  
Apple Slices

14 Barbecue Rib Sandwich   
Homemade Mac & Cheese Side  
Steamed Peas  
Broccoli Florets  
Sliced Oranges  
Applesauce

21 Homemade Shepherd's Pie   
Whole Wheat Dinner Roll  
Baby Carrots  
Sliced Peaches  
Apple Slices

28 Crispy Chicken Sandwich  
Homemade Lite Veggie Pasta Salad  
Steamed Peas  
Celery  
Sliced Peaches  
Apple Slices

1 


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


15 Sweet & Sour Chicken Sauce & Toss  
Brown Rice  
Green Beans  
Cauliflower  
Apple Slices  
Pineapple Cup


22 Chicken Nuggets  
BBQ Sauce  
Pasta with Butter  
Mixed Vegetables  
Cucumber Coins  
Diced Pear Cup  
Fresh Apple


29 Beef Hot Dog on Bun  
Baked Beans  
Oven Baked Fries  
Cucumber Coins  
Pineapple Cup  
Sliced Oranges

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

16 Cheese Pizza   
With Garden Salad  
Cucumber Coins  
Applesauce  
Sliced Oranges

23 Cheese Pizza   
With Garden Salad  
Grape Tomatoes  
Pineapple Cup  
Fresh Banana

30 Cheese Pizza   
With Garden Salad  
Chickpea Salad  
Fresh Banana  
Applesauce

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

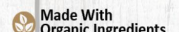
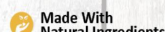
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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