

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

MEATLESS MONDAY

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

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



2 **WINTER RECESS!**
SCHOOL CLOSED

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

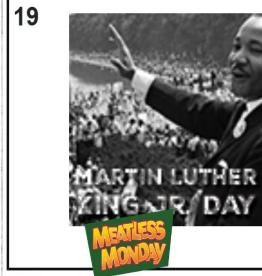
MEATLESS MONDAY

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

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

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

16 Cheese Pizza ✓ 🍃
With Garden Salad
Cucumber Coins
Applesauce
Sliced Oranges



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

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

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

22 Cheese Pizza ✓ 🍃
With Garden Salad
Grape Tomatoes
Pineapple Cup
Fresh Banana

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

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

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

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

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.

*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.



Vegetarian

Made With Natural Ingredients

P Pork

Smart Choice

Made With Organic Ingredients

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