

# Lunch Menu

# Espirito Santos

May 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM


Monday

Tuesday

Wednesday

Thursday

Friday

1 Cheese Pizza    
Garden Salad  
Chickpea Salad  
Sliced Oranges  
Diced Pear Cup

4 Fluffy Whole Grain Waffles   
Crispy Potato Puffs  
String Cheese  
Steamed Peas  
Baby Carrots  
Organic Applesauce  
Sliced Oranges

5 Nachos Grande   
Black Bean and Pepper Salad  
Mild Salsa  
Sour Cream  
Sweet Corn  
Sliced Oranges  
Mixed Fruit

6 Meatball Sandwich  
Oven Baked Fries  
Green Beans  
Chickpea Salad  
Fresh Red Delicious Apple  
Pineapple Cup

7 Mozzarella Sticks,  
Grilled Chicken Nuggets, & Roll  
Oven Baked Fries  
Steamed Broccoli  
Baby Carrots  
Sliced Oranges  
Pineapple Cup

8 Cheese Pizza    
Garden Salad  
Celery  
Diced Peaches  
Fresh Banana


11 French Toast   
Strawberry Yogurt  
Light Mozzarella Cheese Stick  
Crispy Potato Puffs  
Baby Carrots  
Diced Pear Cup  
Sliced Oranges

12 Cheeseburger  
Green Beans  
Oven Baked Fries  
Baby Carrots  
Sliced Peaches  
Fresh Red Delicious Apple

13 Chicken Corn Dog  
Homemade Ranch Pasta Salad  
Baked Beans  
Cucumber Coins  
Mixed Fruit  
Fresh Red Delicious Apple

14 Baked Chicken Tenders  
Pasta with Butter  
WG Garlic Texas Toast  
Pineapple Cup  
Apple Slices  
Baby Carrots  
Celery

15 **Bagged Lunches**  
o Ham • Turkey  
o Sunbutter  
o Tuna


18 Egg and Cheese Sandwich   
Crispy Potato Puffs  
Baby Carrots  
Pear and Pineapple Cup  
Fresh Red Delicious Apple

19 Soft Tacos   
Confetti Black Bean Salad  
Yellow Rice  
Steamed Carrots  
Mixed Fruit  
Fresh Pear

20 Incredibowls General Tso's Chicken   
Baby Carrots  
Sliced Oranges  
Pineapple Cup

21 Crispy Chicken Sandwich  
Oven Baked Fries  
Green Beans  
Baby Carrots  
Apple Slices  
Diced Peaches

22 Cheese Pizza    
Garden Salad  
Celery  
Diced Peaches  
Fresh Banana

25 

26 Cheese Tortellini  
Whole Grain   
Tomato Sauce  
Sweet Corn  
Baby Carrots  
Sliced Oranges  
Pineapple Cup

27 BBQ Chicken Sauce & Toss  
Yellow Rice  
Mixed Vegetables  
Grape Tomatoes  
Apple Slices

28 Mozzarella Stick & Chicken Nugget Combo Meal  
Steamed Broccoli  
Baby Carrots  
Diced Peaches  
Fresh Banana

29 Cheese Pizza    
Garden Salad  
Chickpea Salad  
Sliced Oranges  
Diced Peaches

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

