

Lunch Menu

Espirito Santos

November
2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

3

**SCHOOL
CLOSED
TODAY**

4

Ham & Cheese Sandwich 
Or Turkey & Cheese Sandwich
Apple Slices
Baby Carrots
Fat Free Chocolate Milk
Unflavored Low Fat Milk

5

Chicken with Gravy
Mashed Potatoes
Steamed Carrots
Cucumber Coins
Apple Slices
Diced Peaches

6

Nachos Grande
Sweet Corn
Confetti Black Bean Salad
Apple Slices
Diced Peaches
Sour Cream
Salsa

7

Cheese Pizza  
With Garden Salad
Confetti Garbanzo Bean Salad
Diced Peaches
Fresh Banana

10

Meatless Chik'n Nugget
BBQ Sauce
Crispy Potato Puffs
Steamed Peas
Grape Tomatoes
Diced Pear Cup
Sliced Oranges

**MEATLESS
MONDAY**

11



12

Crispy Chicken Sandwich
Oven Baked Fries
Baked Beans
Broccoli Florets
Mixed Fruit
Fresh Red Delicious Apple

13

Mozzarella Stick & Chicken Nugget Combo Meal
Marinara Dipping Cup
Steamed Peas
Cucumber Coins
Sliced Oranges
Diced Pear Cup

14

Cheese Pizza  
With Garden Salad
Broccoli Bites
Diced Peaches
Fresh Banana

17

Egg and Cheese Sandwich 
Crispy Potato Puffs
Celery Sticks
Fresh Apple
Sliced Peaches

**MEATLESS
MONDAY**

18

Roasted Turkey with Gravy
*oven roasted turkey breast
smothered with gravy*
Sweet Corn
Mashed Potatoes
Whole Wheat Dinner Roll
Apple Slices
Diced Peaches

19

Baked Chicken Tenders
Pasta with Butter
Roasted Butternut Squash
Broccoli Florets
Fresh Red Delicious Apple
Applesauce

20

Cheeseburger
Oven Baked Fries
Steamed Peas
Baby Carrots
Organic Applesauce
Sliced Oranges

21

Cheese Pizza  
With Garden Salad
Chickpea Salad
Sliced Pears
Sliced Oranges

24

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

**MEATLESS
MONDAY**

25

Soft Tacos
Yellow Rice
Sour Cream
Salsa
Sweet Corn
Black Bean and Pepper Salad
Apple Slices
Diced Peaches

26

Fluffy Whole Grain Waffles 
Sausage Patty
Vanilla Yogurt
Chickpea Salad
Baby Carrots
Diced Pear Cup
Sliced Oranges

EARLY RELEASE

27



28

**SCHOOL
CLOSED
TODAY**



View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

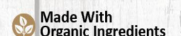
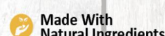
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**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.



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