

Lunch Menu

Fall River Espirto Santo

October
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 Nachos Grande 🌱
Confetti Black Bean
Salad
Sweet Corn
Fresh Orange
Pineapple Cup

2 Pretzel with Cheese
Sauce 🌱
Strawberry Yogurt
Steamed Peas
Baby Carrots
Sliced Peaches
Apple Slices

3 Chicken & Broccoli
Alfredo 🌱
Baby Carrots
Sliced Oranges
Pineapple Cup

4 Cheese Pizza 🌱 🌱
With Garden Salad
Broccoli Bites
Diced Peaches
Fresh Banana

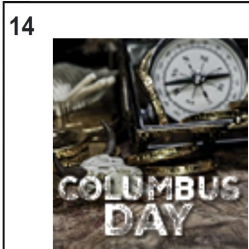
7 Fluffy Whole Grain
Pancakes 🌱
Sausage Patty
Crispy Potato Puffs
Cinnamon & Honey
Roasted Beans
Organic Applesauce
Sliced Oranges

8 Baked Chicken
Tenders
Steamed Carrots
Mashed Potatoes
Brown Gravy
Whole Wheat Dinner
Roll

9 Meatball Sandwich
Steamed Broccoli
Chickpea Salad
Diced Peaches
Fresh Banana

10 Mozzarella Stick &
Chicken Nugget
Combo Meal
Steamed Peas
Broccoli Florets
Mixed Fruit
Fresh Red Delicious
Apple

11 Cheese Pizza 🌱 🌱
With Garden Salad
Broccoli Bites
Diced Peaches
Fresh Banana



15 Cinnamon French
Toast 🌱
Sausage Patty
Crispy Potato Puffs
Cucumber Coins
Diced Pear Cup
Sliced Oranges

16 Beef Hot Dog on Bun
Baked Beans
Grape Tomatoes
Sliced Oranges
Diced Peaches

17 Nachos with Cheese
🌱
Green Beans
Broccoli Florets
Mixed Fruit
Fresh Red Delicious
Apple

18 Cheese Pizza 🌱 🌱
With Garden Salad
Chickpea Salad
Sliced Pears
Sliced Oranges

21 Sausage, Egg and
Cheese Sandwich
Crispy Potato Puffs
Baby Carrots
Diced Pear Cup
Sliced Oranges

22 Crispy Tacos 🌱
Confetti Black Bean
Salad
Cherry Tomatoes
Fresh Orange
Pineapple Cup

23 Crispy Chicken
Sandwich
Oven Baked Fries
Baby Carrots
Apple Slices
Diced Peaches

24 Sweet & Sour
Chicken Sauce & Toss
Brown Rice
Mixed Vegetable
Blend
Cucumber Coins
Fresh Orange
Diced Pear Cup

25 Cheese Pizza 🌱 🌱
With Garden Salad
Fresh Banana
Broccoli Bites
Sliced Oranges

28 Belgian Waffle Bites
Sausage Patty
Crispy Potato Puffs
Baby Carrots
String Cheese
Diced Pear Cup
Sliced Oranges

29 Cheeseburger
Sweet Potato Fries
Broccoli Florets
Apple Slices
Sliced Peaches

30 Chicken Corn Dog
Baked Beans
Baby Carrots
Pineapple Cup
Fresh Apple

31 Homemade Pasta &
Meatballs 🌱
Steamed Peas
Cherry Tomatoes
Pineapple Cup
Fresh Orange



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

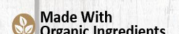
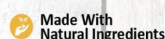
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available.

***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