

Welcome to our Lunch Cafe at...

Huntington Finley Middle School

January 2019

MEATLESS MONDAY

Monday

HARVEST of the MONTH



Tuesday

1 SCHOOL CLOSED TODAY

Wednesday

2 Baked Pasta with Homemade Meat Sauce
Pasta & Meat Sauce
French Bread
Steamed Carrots
Celery Sticks
Applesauce
Fresh Pear

Thursday

3 Grilled Turkey & Bacon Melt
Ruby's Chicken Cordon Bleu
Baked Beans
Sweet Corn
Diced Peaches
Fresh Banana

Friday

4 Meatloaf with Gravy
Dinner Rolls
Veggie Burger
Fluffy Mashed Potatoes
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Apple
FLAVES

7 Stuffed Bread
Tomato Sauce Dip
Meatball Calzone
Sweet Corn
Cucumber Coins
Mixed Fruit
Fresh Pear
MEATLESS MONDAY

8 Buffalo Chicken Mac & Cheese
Tomato & Cheese Griller
Tomato Soup
Celery Sticks
Applesauce
Fresh Orange
FLAVES

9 Pasta & Meatballs
Ham and Cheese Stromboli
Green Beans
Red Pepper Strips
Diced Peaches
Fresh Apple
(Chicken Meatballs)

10 BBQ Chicken
Brown Rice Pilaf
Ruby's Chicken Cordon Bleu
Mixed Vegetables
Sriracha Garbanzo Beans
Diced Pear Cup
Fresh Grapes

11 Chicken Parmesan Over Pasta
Chicken Fajita Wrap
Fresh Baby Carrots
Steamed Broccoli
Grape Tomatoes
Mixed Fruit
Fresh Banana
FLAVES

14 Mozzarella Sticks
Tomato Sauce Dip
French Bread
Chicken Cheese Quesadilla
Steamed Peas
Celery Sticks
Mixed Fruit
Fresh Apple
MEATLESS MONDAY

15 Fluffy Whole Grain Pancakes
Egg and Cheese Sandwich
Crispy Sausage Links
Steamed Carrots
Cucumber Coins
Fresh Orange
Diced Peaches
BRUNCH FOR LUNCH TODAY!

16 Crispy Popcorn Chicken
Brown Rice
Meatball Stromboli
Sweet Potato Fries
Red Pepper Strips
Applesauce
Fresh Pear

17 Chicken & Broccoli Alfredo
Ruby's Chicken Cordon Bleu
Baked Beans
Oven Baked Fries
Diced Pear Cup
Fresh Banana
(Chicken & Broccoli over Pasta)

18 Wild West Grilled Cheese
Veggie Burger
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Apple
FLAVES

21 SCHOOL CLOSED TODAY

22 Barbecue Rib Sandwich
Chicken & Cheese Stromboli
Sweet Potato Fries
Fresh Orange
Applesauce

23 Chicken & Broccoli Sautéed Pasta
Margherita Flatbread
Steamed Carrots
Celery Sticks
Fresh Pear
Diced Peaches

24 Roma Pepperoni Griller
BBQ Chicken Wrap
Oven Baked Fries
Sriracha Garbanzo Beans
Fresh Banana
Mixed Fruit
FLAVES

25 Chicken Parmesan Sandwich
Balsamic Chicken Panini
Broccoli
Grape Tomatoes
Fresh Apple
Diced Pear Cup

28 Bean & Veggie Burrito
Buffalo Chicken and Cheese Quesadilla
Sweet Corn
Celery Sticks
Mixed Fruit
Fresh Apple
(Burrito contains Cheddar Cheese)
MEATLESS MONDAY

29 Chicken Bowl with Gravy
Buffalo Chicken Panini
Fluffy Mashed Potatoes
Fresh Baby Carrots
Diced Pear Cup
Fresh Orange

30 General Tso Chicken Noodle Bowl
Buffalo Chicken Stromboli
Green Beans
Red Pepper Strips
Diced Peaches
Fresh Apple

31 Famous Chili Cheese Fries
Dinner Rolls
Club Griller
Baked Beans
Cucumber Coins
Diced Peaches
Fresh Grapes
(Club Griller Contains Cheese & Turkey)



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



All Meals served with Choice of: Low Fat, Fat Free, or Fat Free flavored Milk
(Antibiotic and Hormone free)
Fruit Choices
W.G. Bread, Protein
Vegetable Choices
Side Green Salad
Condiments and L.F. Dressings
Lunch Prices: \$3.00
Reduced Price \$2.5

Daily Lunch Offerings -
Great American: Made to Order Sandwich/Salad: Ham, Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable toppings served in Salad Bowl or on W.G.Breads. Salads served with 2 W.G. Dinner rolls.
Daily Ruby's Grill Choices: Veggie Burger, Hamburger, Cheeseburger
Grilled Cheese, Chicken Patty all on W.G.Bread or Rolls, w/Potato Puffs.
Covote Grill: Tacos, Nachos, Burritos with toppings
Pizza: W.G. Cheese, Meat, Vegetable toppings and Daily Special.
Yogurt Parfaits: made with ORGANIC Yogurt, Fruit & Granola W.G. Bagel w/2 String Cheese
We use all Whole Grain Rich Product

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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. This institution is an equal opportunity provider.