

Welcome to our Lunch Cafe at...

Huntington Finley Middle School

November 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

HARVEST of the MONTH

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



5 Stuffed Bread (V) With Tomato Sauce Dip (P) Or Meatball Calzone (P) Sweet Corn Cucumber Coins Mixed Fruit Fresh Banana

MEATLESS MONDAY

6 SCHOOL CLOSED TODAY

7 Pasta & Meatballs (P) Or Ham and Cheese Stromboli (P) All With Green Beans Red Pepper Strips Diced Pear Cup Fresh Apple

8 BBQ Chicken With Brown Rice Pilaf Or Ruby's Chicken Cordon Bleu (P) (W.G. Roll) All With Mixed Vegetables Chili Roasted Garbanzo Beans Sliced Peaches Fresh Pear

9 Chicken Parmesan Over Pasta (P) Or Chicken Fajita Wrap (P) All With Steamed Broccoli Grape Tomatoes Mixed Fruit Fresh Orange

12 SCHOOL CLOSED TODAY

13 Whole Grain French Toast Slices (V) Or Egg and Cheese Sandwich (V) With Crispy Sausage Links (P) Steamed Carrots Cucumber Coins Applesauce Fresh Orange

14 Homemade Roasted Pepper & Chicken with Pasta roasted pepper and seared chicken tossed with pasta in a cream butter sauce (P) Or Meatball Stromboli (P) Sweet Potato Fries Grape Tomatoes Diced Pear Cup Fresh Apple

15 New Yorker Dog (P) Or Ruby's Chicken Cordon Bleu (P) (W.G. Roll) Baked Beans (P) Oven Baked Fries Sliced Peaches Fresh Pear

16 Hot Open Turkey Sandwich with Gravy Or Ranch & Chicken Quesadilla Fluffy Mashed Potatoes Steamed Broccoli Cinnamon Applesauce Fresh Banana

19 FLAVES Cheese Quesadilla (V) Or Crispy Popcorn Chicken With Brown Rice Sweet Corn Celery Sticks Mixed Fruit Fresh Apple

MEATLESS MONDAY

20 Homemade Waffles (V) Or Egg and Cheese Sandwich (V) Crispy Sausage Links (P) Sweet Potato Fries Cucumber Coins Applesauce Fresh Pear

21 Korean BBQ Chicken chicken strips smothered in Korean BBQ sauce With Brown Rice Pilaf Or Veggie Burger (V) (P) Steamed Carrots Celery & Carrot Sticks w/ Low Fat Dressing Diced Pear Cup Fresh Orange

22

23



CELEBRATE NATIONAL PEPPER MONTH

26 Or General Tso's Chicken (P) With Brown Rice Pilaf Sweet Corn Celery Sticks Mixed Fruit Fresh Apple

MEATLESS MONDAY

27 Baked Pasta with Homemade Meat Sauce (P) Or Italian Stallion Panini (P) Steamed Broccoli Red Pepper Strips Sliced Peaches (Panini Fresh Turkey Pepperoni)

28 Barbecue Rib Sandwich (P) Or Buffalo Chicken (W.G. Roll) Stromboli (P) Oven Baked Fries Fresh Baby Carrots Applesauce Fresh Orange

29 Baked Potato Bar With Dinner Rolls Or Buffalo Meatball Parmesan Hero (P) Baked Beans Cucumber Coins Fresh Apple Sliced Pears (turkey taco & cheese sauce)

30 FLAVES Chicken and Waffles Or Buffalo Chicken and Cheese Quesadilla Garden Salad Fresh Baby Carrots Fresh Banana Mixed Fruit



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



All Meals served with Choice of: Low Fat, Fat Free, or Fat Free flavored Milk, Fruit Choices, WG Bread, Protein, and Vegetable Choices Side Green 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.
Coyote 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 Cheese Sticks

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.