

Welcome to our Lunch Cafe at...

Huntington Finley Middle School

March 2019

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.



- 1 Meatloaf with Gravy 🍷
Dinner Rolls
Fluffy Mashed Potatoes
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Apple

- 4 Stuffed Bread 🍷
With Tomato Sauce Dip 🍷
Or Homemade Meatball Calzone 🍷
Sweet Corn
Cucumber Coins
Fresh Apple
Diced Peaches

- 5 Buffalo Chicken Mac & Cheese 🍷 **FLAVES**
Or Tomato & Cheese Griller 🍷
Steamed Carrots
Celery Sticks
Applesauce
Fresh Orange

- 6 Homemade Pasta & Meatballs 🍷 **FLAVES**
Or Buffalo Chicken Panini 🍷
Caesar Salad 🍷
Red Pepper Strips
Fresh Pear
Mixed Fruit
(Chicken Meatballs)

- 7 Crispy Popcorn Chicken 🍷
With Brown Rice Pilaf
Or Ruby's Chicken Cordon Bleu 🍷 **P** (on a W.G. Roll)
Mixed Vegetables
Sriracha Garbanzo Beans
Diced Pear Cup
Fresh Grapes

- 8 Chicken Parmesan Over Pasta 🍷
Or Chicken Fajita Wrap 🍷
Steamed Broccoli
Grape Tomatoes
Mixed Fruit
Fresh Banana

MEATLESS MONDAY

(Cheese Filled Bread Sticks)

Celebrate Celery National Month. Eat Celery!

- 11 Mozzarella Sticks 🍷
Tomato Sauce Dip 🍷
French Bread
Or Chicken Cheese Quesadilla
Steamed Peas
Celery Sticks
Mixed Fruit
Fresh Apple

- 12 Fluffy Whole Grain Pancakes 🍷
Or Egg and Cheese Sandwich 🍷
Crispy Sausage Links 🍷
Steamed Carrots
Cucumber Coins
Fresh Pear
Diced Peaches



- 13 Homemade Chicken & Broccoli Sautéed Pasta
al dente pasta with broccoli and chicken sauteed in garlic and olive oil 🍷
Or Korean BBQ Wrap 🍷
Steamed Broccoli
Grape Tomatoes
Applesauce
Fresh Orange

- 14 Guy's Fries
With Dinner Rolls
Or Ruby's Chicken Cordon Bleu 🍷 **P** (on a W.G. Roll)
Baked Beans
Oven Baked Fries
Diced Pear Cup
Fresh Banana

- 15 Wild West Grilled Cheese 🍷 **FLAVES**
Or Veggie Burger 🍷
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Apple



(Veggie Burger on WG Bun)

MEATLESS MONDAY

Guest Chef Today!
(Turkey Taco, Chicken and

- 18 Tomato & Cheese Griller 🍷
Or BBQ Chicken Wrap 🍷 **FLAVES**
Oven Baked Fries
Celery & Carrot Sticks w/ Low Fat Dressing
Fresh Apple
Mixed Fruit

- 19 Barbecue Rib Sandwich
Or Homemade Chicken & Cheese Stromboli 🍷
Sweet Potato Fries
Applesauce
Fresh Pear
David's Oatmeal Raisin Cookie

Celebrate National Oatmeal Cookie Day. Cookie with Lunch Purchase!

- 20 Baked Potato Bar With Dinner Rolls 🍷 **FLAVES**
Or Margherita Flatbread 🍷
Steamed Carrots
Celery Sticks
Fresh Orange
Berry Cup

- 21 Korean BBQ Chicken 🍷 **FLAVES**
Brown Rice Pilaf
Or Roma Pepperoni Griller
Sriracha Garbanzo Beans
Green Beans
Fresh Apple
Diced Peaches

- 22 Chicken Parmesan Sandwich
Or Balsamic Chicken Panini 🍷
Broccoli
Grape Tomatoes
Diced Pear Cup
Fresh Banana

MEATLESS MONDAY

National Nutrition Month. Eat Right by Choosing School Lunch!

- 25 Bean & Veggie Burrito 🍷
Or Buffalo Chicken and Cheese Quesadilla
Sweet Corn
Celery Sticks
Mixed Fruit
Fresh Apple

- 26 Chicken Bowl with Gravy 🍷
With Dinner Rolls
Or Buffalo Chicken Panini 🍷
Fluffy Mashed Potatoes
Fresh Baby Carrots
Diced Pear Cup
Fresh Orange

- 27 General Tso Chicken Noodle Bowl 🍷
Or Homemade Chicken & Cheese Stromboli 🍷
Steamed Carrots
Steamed Broccoli
Fresh Pear
Diced Peaches

- 28 Famous Chili Cheese Fries 🍷
With Dinner Rolls
Or Club Griller 🍷
Baked Beans
Cucumber Coins
Fresh Banana
Applesauce

(Club Griller Contains Cheese & Turkey)

- 29 Baked Pasta with Homemade Meat Sauce 🍷
Or Teriyaki Chicken Wrap 🍷 **FLAVES**
Steamed Broccoli
Fresh Baby Carrots
Fresh Apple
Mixed Fruit

MEATLESS MONDAY



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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 \$2.50

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.
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 String Cheese
We use all Whole Grain Rich Product

VEGETARIAN **MADE WITH NATURAL INGREDIENTS** **P 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.