

Welcome to our Lunch Cafe at...

Huntington Finley Middle School

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Cheese Quesadilla
Or Chicken Cheese Quesadilla
Crispy Potato Puffs
Celery Sticks
Fresh Apple
Mixed Fruit

2 Chicken & Vegetable Rice Bowl
With Brown Rice
Or Chicken Fajita Wrap
Steamed Carrots
Cucumber Coins
Fresh Orange
Diced Pear Cup

3 Baked Pasta with Homemade Meat Sauce

Or Homemade Pasta Bolognese
Green Beans
Fresh Baby Carrots
Fresh Pear
Diced Peaches

4 Famous Chili Cheese Fries
With Dinner Rolls
Or Margherita Flatbread

Baked Beans
Steamed Carrots
Applesauce
Fresh Banana

5 Hot Open Turkey Sandwich with Gravy
Or Veggie Burger

Fluffy Mashed Potatoes
Steamed Broccoli
Fresh Apple
Mixed Fruit

(Veggie burger on W.W. Bun)

MEATLESS MONDAY

Eat Carrots!
International Carrot Day Today

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

(Cheese filled bread sticks)

9 Buffalo Chicken Mac & Cheese
Or Tomato & Cheese Griller
Steamed Carrots
Celery Sticks
Applesauce
Fresh Orange

10 Homemade Pasta & Meatballs
Or Buffalo Chicken Panini

Caesar Salad
Red Pepper Strips
Fresh Pear
Mixed Fruit

(Chicken meatballs)

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

12 Chicken Parmesan Over Pasta
Or Chicken Fajita Wrap
Steamed Broccoli
Grape Tomatoes
Mixed Fruit
Fresh Banana

MEATLESS MONDAY

15 Mozzarella Sticks
Tomato Sauce Dip
All With French Bread
Or Chicken Cheese Quesadilla
Steamed Peas
Celery Sticks
Mixed Fruit
Fresh Apple

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

17 Baked Potato Bar With Dinner Rolls
Or Korean BBQ Wrap
Steamed Broccoli
Grape Tomatoes
Applesauce
Fresh Orange

(Beef Chili, Cheese offered on Potato Bar)

18 SCHOOL CLOSED TODAY

19 SCHOOL CLOSED TODAY

MEATLESS MONDAY

22 **FLAVES**
Flavor up your Lunch with our Special Spice Blends

23

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25

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SPRING RECESS

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

(Burrito contains Cheddar Cheese)

30 Steamed Dumplings
With Brown Rice
Or Buffalo Chicken Panini

Green Beans
Fresh Baby Carrots
Fresh Orange
Diced Pear Cup

(Chicken Dumpling)

MEATLESS MONDAY

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.



At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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.
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. Smoothies at High Only (2 Dinner Rolls)
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.