







# Welcome to our Lunch Cafe at...

## Huntington Flower Hill

# October 2018

**MEATLESS MONDAY**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Mozzarella Sticks 🍃 Tomato Sauce Dip 🍷 French Bread Sweet Corn Celery Sticks Mixed Fruit Fresh Banana</p> <p><b>Celebrate World Vegetarian Day</b></p>	<p>2 Crispy Popcorn Chicken Brown Rice Glazed Carrots Red Pepper Strips Applesauce Fresh Orange</p>	<p>3 Pasta &amp; Meatballs 🍷🍷 French Bread Grape Tomatoes Steamed Broccoli Diced Pear Cup Fresh Apple</p> <p>(Chicken Meatballs)</p>	<p>4 Nachos Grande Mild Salsa Black Beans Cucumber Coins Sliced Peaches Fresh Pear</p> <p>(Turkey Taco)</p>	<p>5 Classic Cheese Pizza Or Pepperoni Pizza Garden Salad Fresh Baby Carrots Fresh Apple Mixed Fruit</p>
<p>8</p> 	<p>9 Egg and Cheese Sandwich 🍃 Crispy Potato Puffs Fresh Baby Carrots Applesauce Fresh Grapes</p> 	<p>10 Pizza Bites 🍃 Celery &amp; Carrot Sticks w/ Low Fat Dressing Steamed Carrots Sliced Peaches Fresh Apple</p>	<p>11 Turkey Hot Dog on Bun Baked Beans Cucumber Coins Pear and Pineapple Cup Fresh Orange</p>	<p>12 Pepperoni Pizza Or Classic Cheese Pizza Steamed Broccoli Grape Tomatoes Diced Peach Cup Fresh Banana</p>
<p>15 Stuffed Bread Sticks 🍃 Tomato Sauce Dip 🍷 Crispy Potato Puffs Celery &amp; Carrot Sticks w/ Low Fat Dressing Sliced Peaches Fresh Apple</p>	<p>16 Whole Grain French Toast Slices 🍃 Turkey Sausage Patty Glazed Carrots Celery Cinnamon Applesauce Fresh Orange</p> 	<p>17 Crispy Chicken Sandwich Steamed Broccoli Red Pepper Strips Pear and Pineapple Cup Fresh Banana</p>	<p>18 Grilled Cheese Sandwich 🍃 Oven Baked Fries Cinnamon &amp; Honey (Garbanzo beans) Roasted Beans Diced Pear Cup Fresh Grapes</p> <p><b>LUCKY TRAY DAY!</b></p>	<p>19 Pepperoni Pizza Or Classic Cheese Pizza Side Salad Fresh Baby Carrots Mixed Fruit Fresh Apple</p>
<p>22 Garden Salad with Cheese Entree 🍃🍷 With Dinner Rolls Or Crispy Popcorn Chicken With Brown Rice All With Sweet Corn Fresh Baby Carrots Sliced Peaches Fresh Pear</p>	<p>23 Egg and Cheese Sandwich 🍃 Sweet Potato Fries Cucumber Coins Applesauce Fresh Banana</p> 	<p>24 Baked Chicken Tenders With Whole Wheat Dinner Roll Steamed Carrots Celery Diced Pear Cup Fresh Apple</p>	<p>25 Turkey Hot Dog on Bun Crispy Potato Puffs Baked Beans Diced Pear Cup Fresh Orange</p>	<p>26 Pepperoni Pizza Or Classic Cheese Pizza Steamed Broccoli Fresh Baby Carrots Pineapple Cup Fresh Apple</p>
<p>29 Pizza Bite &amp; Mozzarella Stick Combo 🍃🍷 Whole Wheat Dinner Roll Crispy Potato Puffs Celery Sticks Mixed Fruit Sliced Pears</p>	<p>30 Whole Grain French Toast Slices 🍃 Turkey Sausage Patty Steamed Carrots Cucumber Coins Applesauce Fresh Banana</p> 	<p>31 Pasta &amp; Meat Sauce 🍷🍷 With French Bread Steamed Broccoli Grape Tomatoes Sliced Pears Fresh Orange</p> 	<div data-bbox="941 1478 1484 1568" data-label="Section-Header"> <h2>HARVEST of the MONTH</h2> </div> <div data-bbox="949 1579 1284 1758" data-label="Text"> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div> <div data-bbox="1300 1556 1516 1792" data-label="Image"> </div> <div data-bbox="1220 1702 1332 1769" data-label="Image"> </div>	

Celebrate National School Lunch! Lots 2 Love About School Lunch Activity Sheets Available All Week



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (all antibiotic and hormone free) DAILY VEGETABLE OFFERING; SIDE GREEN SALAD DAILY FRESH FRUIT. CONDIMENTS AND L.F. DRESSINGS Lunch Price: \$2.65

Daily Offerings: Grab N Go Sandwiches - Peanut Butter and Jelly (where permitted), or Jelly w/ Cheese Sticks (2), American Cheese. All Sandwiches served on Whole Grain Breads. Ham or Turkey w/ Cheese on Whole Grain Roll. Grab N Go Salads: Garden w/ Cheese, Chef, or Chicken Caesar all served w/ Whole Grain Roll. Yogurt Parfait with Low fat Vanilla Yogurt with Granola and Fruit or 4.oz Yogurt w/ W.G Bagel and Cheese Stick Whole Grain Bagel with (2) Cheese Stick.

[We serve Whole Grain Rich Products](#)

 **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.