

# Welcome to our Lunch Cafe at...

## Huntington Flower Hill

# 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.



1 Nachos Grande  
Black Beans  
Cucumber Coins  
Sliced Peaches  
Fresh Pear  
  
(Turkey Taco)

2 Classic Cheese Pizza ✓  
Or Pepperoni Pizza  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Apple  
Mixed Fruit

5 Pizza Bites ✓  
Sweet Corn  
Celery  
Mixed Fruit  
Fresh Pear  
  
**MEATLESS MONDAY**  
Try Something New!  
Sunflower Butter  
with Celery

6 **SCHOOL CLOSED TODAY**

7 Crispy Popcorn Chicken  
Brown Rice Pilaf  
Steamed Carrots  
Celery & Carrot Sticks w/  
Low Fat Dressing  
Sliced Peaches  
Fresh Apple

8 Crispy Chicken Sandwich  
Baked Beans (WG Roll)  
Red Pepper Strips  
Diced Pear Cup  
Fresh Orange

9 Classic Cheese Pizza ✓  
Or Pepperoni Pizza  
Side Salad  
Grape Tomatoes  
Diced Peach Cup  
Fresh Banana

12 **SCHOOL CLOSED TODAY**

13 Bagel with String Cheese ✓  
Fresh Baby Carrots  
Raisins  
  
**1/2 DAY BAG LUNCH**

14 Hot Open Turkey Sandwich with Gravy  
Steamed Carrots  
Fluffy Mashed Potatoes  
Applesauce  
Fresh Pear

15 Grilled Cheese Sandwich ✓  
Oven Baked Fries  
Cinnamon & Honey  
Roasted Beans  
Diced Pear Cup  
Fresh Grapes  
(Garbanzo Beans)  
  
**LUCKY TRY DAY!**

16 Classic Cheese Pizza ✓  
Or Pepperoni Pizza  
Steamed Broccoli  
Red Pepper Strips  
Mixed Fruit  
Fresh Apple

19 Stuffed Bread ✓  
With Tomato Sauce Dip  
Sweet Corn  
Fresh Baby Carrots  
Sliced Peaches  
Fresh Apple  
  
**MEATLESS MONDAY**

20 Egg and Cheese Sandwich ✓  
Crispy Potato Puffs  
Red Pepper Strips  
Applesauce  
Fresh Orange  
  
**BRUNCH FOR LUNCH TODAY!**

21 Classic Cheese Pizza ✓  
Or Pepperoni Pizza ✓  
Steamed Carrots  
Green Pepper Slices  
Mixed Fruit  
Fresh Pear

22 **THANKSGIVING DAY**

23

26 Pizza Bite & Mozzarella Stick Combo ✓  
Crispy Potato Puffs  
Celery Sticks  
Mixed Fruit  
Fresh Pear  
  
**MEATLESS MONDAY**

27 Crispy Popcorn Chicken  
Brown Rice  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Apple

28 Pasta & Meat Sauce ✓  
With French Bread ✓  
Steamed Broccoli  
Grape Tomatoes  
Sliced Peas  
Fresh Orange

29 Turkey Hot Dog on Bun  
Baked Beans (WG Roll)  
Green Pepper Slices  
Mixed Fruit  
Fresh Banana

30 Bagel with String Cheese ✓  
Fresh Baby Carrots  
Applesauce  
  
**1/2 DAY BAG LUNCH**

**NATIONAL PEPPER MONTH**



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 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE MILK (all antibiotic and hormone free)  
DAILY VEGETABLE OFFERING:  
SIDE GREEN SALAD  
DAILY FRESH FRUIT.  
CONDIMENTS AND L.F. DRESSINGS  
Lunch Price: \$2.65  
Reduced Lunch: \$.25

Daily Offerings: Grab N Go Sandwiches - Peanut Butter and Jelly (where permitted), or Jelly w/ Cheese Sticks, Sunbutter & Jelly, (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 ORGANIC 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.