

Welcome to our Lunch Cafe at...

Huntington Flower Hill

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Stuffed Bread ✓
Tomato Sauce Dip
Crispy Potato Puffs
Grape Tomatoes
Fresh Apple
Mixed Fruit

(Cheese Filled Bread Sticks)

MEATLESS MONDAY

2 Egg and Cheese Sandwich ✓
Sweet Potato Fries
Celery Sticks
Fresh Orange
Diced Pear Cup

BRUNCH FOR LUNCH TODAY!

3 Nachos Grande 🍌
Black Beans
Sweet Corn
Diced Peaches
Fresh Pear

(Turkey Taco)

4 Crispy Popcorn Chicken
Brown Rice
Steamed Carrots
Cucumber Coins
Applesauce
Fresh Banana

**EAT CARROTS!
INTERNATIONAL CARROT DAY**

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

8 Mozzarella Sticks ✓
French Bread
Tomato Sauce Dip
Sweet Corn
Celery Sticks
Fresh Apple
Diced Peaches

MEATLESS MONDAY

9 Fluffy Whole Grain Pancakes ✓
Turkey Sausage Patty
Sweet Potato Fries
Cucumber Coins
Fresh Orange
Applesauce

BRUNCH FOR LUNCH TODAY!

10 Turkey Hot Dog on Bun
Crispy Potato Puffs
Baked Beans
Fresh Pear
Mixed Fruit

11 Homemade Mac & Cheese ✓
Steamed Carrots (WG Roll)
Green Pepper Slices
Fresh Grapes
Diced Pear Cup

12 Classic Cheese Pizza ✓
Or Pepperoni Pizza
Side Salad
Grape Tomatoes
Mixed Fruit
Fresh Banana

15 Pizza Bite & Mozzarella Stick Combo ✓
Crispy Potato Puffs
Celery Sticks
Mixed Fruit
Fresh Apple

MEATLESS MONDAY

16 Homemade Pasta & Meatballs 🍌
Steamed Carrots
Cucumber Coins
Fresh Pear
Diced Peaches

(Chicken Meatballs)

17 Chicken Cheese Quesadilla
Black Beans
Fresh Baby Carrots
Fresh Orange
Applesauce

18 Grilled Cheese Sandwich ✓
Oven Baked Fries
Side Garden Salad
Fresh Apple
Diced Pear Cup
LUCKY TRAY DAY!
(Contingency Day)

19 **SCHOOL CLOSED TODAY**

22

23

24

25

26

SPRING RECESS

29 Stuffed Bread ✓
Tomato Sauce Dip
Crispy Potato Puffs
Cucumber Coins
Mixed Fruit
Fresh Apple

(Cheese Filled Bread Sticks)

MEATLESS MONDAY

30 Whole Grain Pancakes with Sausage
Steamed Carrots
Celery Sticks
Diced Pear Cup
Fresh Orange

BRUNCH FOR LUNCH TODAY!

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 MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (antibiotic and hormone free)
DAILY VEGETABLE OFFERING; SIDE GREEN SALAD
DAILY FRESH FRUIT. CONDIMENT: 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 (2), Sunbutter & jelly, 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 Rolls
Yogurt Parfait - Low fat Vanilla ORGANIC Yogurt with Granola and Fruit 4.oz Yogurt w/ W.G Bagel and Cheese Sticks 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.