

Welcome to our Lunch Cafe at...

Huntington Flower Hill

June
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.



3 Egg and Cheese Sandwich ✓
Crispy Potato Puffs
Celery Sticks
Fresh Apple
Mixed Fruit

MEATLESS MONDAY

Today is National Egg Day!

4 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese ✓
Tomato Sauce Dip
Green Beans
Grape Tomatoes
Fresh Orange
Mango Slices

Today is National Cheese Day!

HARVEST

5 Baked Chicken Tenders
Brown Rice
Steamed Carrots
Celery Sticks
Applesauce
Fresh Pear

6 Burger
burger on a freshly toasted bun
Cheeseburger
burger topped with cheese on a freshly toasted bun
Oven Baked Fries
Baked Beans
Diced Pear Cup
Fresh Banana

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

10 Mozzarella Sticks ✓
Tomato Sauce Dip
French Bread
Sweet Corn
Celery Sticks
Diced Peaches
Fresh Pear

MEATLESS MONDAY

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

BEHIND FOR LUNCH TODAY!

12 Crispy Popcorn Chicken
Brown Rice
Steamed Carrots
Broccoli Bites
Diced Peaches
Fresh Apple

13 Turkey Hot Dog on Bun
Baked Beans
Homemade Deli Style
Coleslaw
Diced Pear Cup
Fresh Strawberries

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

17 Pizza Bites ✓
Green Beans
Grape Tomatoes
Mixed Fruit
Fresh Apple

MEATLESS MONDAY

18 Two Cheese Quesadilla
Steamed Carrots
Cucumber Coins
Diced Peaches
Fresh Orange

Purchase Lunch on 6/18 and be automatically entered into a Raffle for a fun filled Beach Pail!

19 Crispy Chicken Sandwich
Sweet Corn
Fresh Baby Carrots
Applesauce
Fresh Pear

LUCKY TRY DAY!

20 Grilled Cheese Sandwich ✓
Oven Baked Fries
Cinnamon & Honey
Roasted Beans
Fresh Banana
Diced Pear Cup

(Garbanzo Beans)

21 Bagel with String Cheese ✓
Fresh Baby Carrots
Fresh Apple
Apple 100% Juice

1/2 Day Bag Lunch

24 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Crispy Potato Puffs
Cucumber Coins
Applesauce
Fresh Pear

MEATLESS MONDAY

25 Classic Cheese Pizza ✓
Or Pepperoni Pizza
Steamed Broccoli
Grape Tomatoes
Applesauce
Fresh Orange

26 Bagel with String Cheese ✓
Fresh Baby Carrots
Fresh Apple
Apple 100% Juice

1/2 Day Bag Lunch

27 **EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS. EARN WHILE YOUR CHILDREN LEARN. CALL 631-673-2107 FOR INFORMATION**

28 The USDA & NYSED PARTNER IN MANY LOCAL COMMUNITIES TO SERVE MEALS WHEN SCHOOL IS NOT IN SESSION. WHERE AVAILABLE, FREE, HEALTHY MEALS ARE OFFERED TO ALL KIDS AND TEENS- 18 AND UNDER. CALL NYS 1-800-522-5006 TOLL FREE NUMBER TO FIND AN OPEN SITE



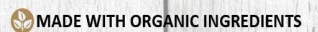
Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.



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



*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.