

Welcome to our Lunch Cafe at...

Huntington High School

January 2019

MEATLESS MONDAY

Monday

HARVEST
of the **MONTH**



Tuesday

SCHOOL CLOSED TODAY

Wednesday

2 Baked Pasta with Homemade Meat Sauce 🍴🍴
Or Pasta & Meat Sauce 🍴🍴
French Bread
Steamed Carrots
Celery Sticks
Applesauce
Fresh Pear

Thursday **FLAVES**

3 Grilled Turkey & Bacon Melt
Or Ruby's Chicken Cordon Bleu
Baked Beans (on a W.G. Roll)
Sweet Corn
Diced Peaches
Fresh Banana

Friday

4 Meatloaf with Gravy 🍴
With Dinner Rolls
Or Veggie Burger 🍴🍴
Fluffy Mashed Potatoes
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Apple

7 Stuffed Bread 🍴
With Tomato Sauce Dip 🍴
Or Meatball Calzone 🍴
Sweet Corn
Cucumber Coins
Mixed Fruit
Fresh Pear

MEATLESS MONDAY

8 Buffalo Chicken Mac & Cheese 🍴
Or Tomato & Cheese Griller
FLAVES
Tomato Soup
Celery Sticks
Applesauce
Fresh Orange

9 Pasta & Meatballs 🍴🍴
Or Ham and Cheese
Stromboli 🍴
Green Beans
Red Pepper Strips
Diced Peaches
Fresh Apple

(Chicken Meatballs)

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

11 Chicken Parmesan Over Pasta 🍴
Or Chicken Fajita Wrap 🍴
Fresh Baby Carrots
All With Steamed Broccoli
Grape Tomatoes
Mixed Fruit
Fresh Banana

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

MEATLESS MONDAY

15 Fluffy Whole Grain Pancakes 🍴
Or Egg and Cheese Sandwich 🍴
With Crispy Sausage Links 🍴
Steamed Carrots
Cucumber Coins
Fresh Orange
Diced Peaches

BRUNCH FOR LUNCH TODAY!

16 Crispy Popcorn Chicken
Brown Rice
Or Meatball Stromboli 🍴
Sweet Potato Fries
Red Pepper Strips
Applesauce
Fresh Pear

17 Chicken & Broccoli Alfredo
Or Ruby's Chicken Cordon Bleu 🍴
(on a W.G. Roll)
Baked Beans
Oven Baked Fries
Diced Pear Cup
Fresh Banana

(Chicken & Broccoli over Pasta)

18 Wild West Grilled Cheese 🍴
Or Veggie Burger 🍴🍴
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Apple

21 **SCHOOL CLOSED TODAY**

22

23

24

25

Regents Exams 1/22 - 1/25

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

(Burrito contains Cheddar Cheese)

MEATLESS MONDAY

29 Chicken Bowl with Gravy 🍴
Or Buffalo Chicken Panini 🍴
Fluffy Mashed Potatoes
Fresh Baby Carrots
Diced Pear Cup
Fresh Orange

30 General Tso Chicken
Noodle Bowl 🍴
Or Buffalo Chicken Stromboli 🍴
Green Beans
Red Pepper Strips
Diced Peaches
Fresh Apple

FLAVES

31 Famous Chili Cheese Fries
With Dinner Rolls
Or Club Griller 🍴
(Beef & Red Bean Chili)
Baked Beans
Cucumber Coins
Diced Peaches
Fresh Grapes

(Club Griller Contains Cheese & Turkey)



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



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 \$2.50

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
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.