

# Welcome to our Lunch Cafe at...

## Huntington High School

# October 2018

**MEATLESS MONDAY**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Famous Chili Cheese Fries 🍷 With Dinner Rolls Organic Veggie Burrito 🌱  Cheese 🍷 Celery Sticks Baked Potato Wedges Mixed Fruit Fresh Banana</p>	<p>2 Homemade Pasta Bolognese 🍷🍷 With Garlic Bread Or Grilled Chicken Panini 🍷  Steamed Broccoli Fresh Baby Carrots Applesauce Fresh Grapes</p>	<p>3 Mozzarella Sticks 🌱 With Tomato Sauce Dip 🍷 And French Bread Or Chicken &amp; Cheese Stromboli 🍷 Steamed Carrots Celery Sliced Pears Fresh Apple</p>	<p>4 Peruvian Roasted Chicken 🍷 Or Ruby's Chicken Cordon Bleu All With Brown Rice Pilaf Sweet Corn Baked Beans Sliced Peaches Fresh Pear</p>	<p>5 Meatloaf with Gravy 🍷 Or Roasted Turkey with Gravy All With Dinner Rolls Fluffy Mashed Potatoes Steamed Broccoli Pear and Pineapple Cup Fresh Orange</p>
<p>8 </p>	<p>9 Stuffed Bread Sticks 🌱 With Tomato Sauce Dip 🍷 Or Balsamic Chicken Panini Steamed Carrots Celery Sticks Applesauce Fresh Banana</p>	<p>10 Pasta Rustica 🍷🍷 Or Ham and Cheese Stromboli 🍷 All With Green Beans Red Pepper Strips Diced Pear Cup Fresh Orange  (contains chicken sausage)</p>	<p>11 BBQ Chicken Or Ruby's Chicken Cordon Bleu 🍷 Brown Rice Pilaf Mixed Vegetables Chili Roasted Garbanzo Beans Sliced Peaches Fresh Apple  Rotisserie Style Chicken</p>	<p>12 Chicken Parmesan Over Pasta 🍷 Or Chicken Fajita Wrap 🍷 All With Steamed Broccoli Grape Tomatoes Mixed Fruit Fresh Pear</p>
<p>15 Pizza Bite &amp; Mozzarella Stick Combo 🌱🍷 With Tomato Sauce Dip 🍷 Or Veggie Burger 🌱🍷 All With Sweet Corn Green Bean Salad Mixed Fruit Fresh Apple  (Veggie Burger served on W.G. Bun)</p>	<p>16 Whole Grain French Toast Slices 🌱 Or Egg and Cheese Sandwich 🌱 With Crispy Sausage Links Steamed Carrots Cucumber Coins Applesauce Fresh Orange</p> <p></p>	<p>17 Jamaican Jerk Chicken 🍷 With Spanish Style Rice Or Meatball Stromboli 🍷 Sweet Potato Fries Green Pepper Slices Pineapple Cup Fresh Grapes</p>	<p>18 Chicago Style Hot Dog 🍷 Or Ruby's Chicken Cordon Bleu 🍷 Sandwich Baked Beans Oven Baked Fries Sliced Peaches Fresh Pear</p>	<p>19 Buffalo Chicken Mac &amp; Cheese 🍷🍷 Or Chicken Parmesan Sandwich Side Salad Fresh Baby Carrots Diced Pear Cup Fresh Banana</p> <p></p>
<p>22 Cheese Quesadilla 🌱 Or Crispy Popcorn Chicken With Brown Rice Sweet Corn Celery Sticks Mixed Fruit Fresh Orange</p>	<p>23 Fluffy Whole Grain Waffles 🌱 Or Egg and Cheese Sandwich 🌱 Crispy Sausage Links 🍷 Sweet Potato Fries Cucumber Coins Applesauce Fresh Banana</p> <p></p>	<p>24 Chicken &amp; Broccoli Alfredo 🍷 Or Veggie Burger 🌱🍷 Steamed Carrots Celery &amp; Carrot Sticks w/ Low Fat Dressing Diced Pear Cup Fresh Grapes  (Veggie Burger served on W.G. Bun)</p>	<p>25 Guy's Fries With Dinner Rolls Or Ruby's Chicken Cordon Bleu 🍷 Sandwich Baked Beans Sliced Peaches Fresh Pear</p>	<p>26 Meatball Hero 🍷🍷 Or Chicken Parmesan Sandwich Steamed Broccoli Fresh Baby Carrots Mixed Fruit Fresh Apple  (Chicken Meatballs)</p>
<p>29 Stuffed Bread Sticks 🌱 With Tomato Sauce Dip 🍷 Or General Tso's Chicken 🍷  With Brown Rice Pilaf Sweet Corn Celery Sticks Mixed Fruit Fresh Apple</p>	<p>30 Meaty Lasagna Rollup 🍷 With Garlic Bread Or Italian Stallion Panini 🍷  Steamed Broccoli Red Pepper Strips Sliced Peaches Fresh Pear (Panini contains Ham &amp; Turkey Pepperoni)</p>	<p>31 Barbecue Rib Sandwich Or Buffalo Chicken Stromboli 🍷 Oven Baked Fries Fresh Baby Carrots Applesauce Fresh Orange</p> <p></p>	<p><b>HARVEST of the MONTH</b></p> <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> <p> </p>	



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 Choice of: Low Fat, Fat Free, or Fat Free flavored Milk, Fruit Choices, WG Bread, Protein, and Vegetable Choices\Side Green Salad\Condiments and L.F. Dressings Lunch Prices: \$3.00 Reduced Price \$2.25

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: Grill Choices: Veggie Burger, Hamburger, Cheeseburger, Grilled Cheese, Chicken Patty, Coyote Grill: Tacos, Nachos, Burritos with toppings Pizza: WG, Cheese, Meat, Pizza: WG, Cheese, Meat, Vegetable toppings Yogurt Parfaits- made with ORGANIC Yogurt

[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.