

# Welcome to our Lunch Cafe at...

## Huntington High School

# 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.



5 Stuffed Bread 🌱  
With Tomato Sauce Dip 🍷  
Or Meatball Calzone 🍷  
Sweet Corn  
Cucumber Coins  
Mixed Fruit  
Fresh Banana

**MEATLESS MONDAY**

6 **SCHOOL CLOSED TODAY**

7 Pasta & Meatballs 🍷🍷  
Or Ham and Cheese  
Stromboli 🍷  
All With Green Beans  
Red Pepper Strips  
Diced Pear Cup  
Fresh Apple

1 Famous Chili Cheese Fries  
*golden baked potato wedges topped with chili and cheese* 🍷  
With Dinner Rolls  
Or Ruby's Chicken Cordon Bleu  
Sweet Corn  
Baked Beans  
Fresh Pear  
Diced Peaches

2 Meatloaf with Gravy 🍷  
With Dinner Rolls  
Or Chicken Cheese Quesadilla  
Fluffy Mashed Potatoes  
Steamed Broccoli  
Pear and Pineapple Cup  
Fresh Orange

12 **SCHOOL CLOSED TODAY**

13 Whole Grain French Toast Slices 🌱  
Or Egg and Cheese Sandwich 🌱  
With Crispy Sausage Links 🍷  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Orange

14 Homemade Roasted Pepper & Chicken with Pasta  
*roasted pepper and seared chicken tossed with pasta in a cream butter sauce* 🍷🍷  
Or Meatball Stromboli 🍷  
Sweet Potato Fries  
Grape Tomatoes  
Diced Pear Cup  
Fresh Apple

15 New Yorker Dog 🍷  
Or Ruby's Chicken Cordon Bleu 🍷 (W.G. Roll)  
Baked Beans  
Oven Baked Fries  
Sliced Peaches  
Fresh Pear

16 Hot Open Turkey Sandwich with Gravy  
Or Ranch & Chicken Quesadilla  
Fluffy Mashed Potatoes  
Steamed Broccoli  
Cinnamon Applesauce  
Fresh Banana

19 Cheese Quesadilla 🌱  
Or Crispy Popcorn Chicken  
With Brown Rice  
Sweet Corn  
Celery Sticks  
Mixed Fruit  
Fresh Apple

**MEATLESS MONDAY**

20 Homemade Waffles 🌱🍷  
Or Egg and Cheese Sandwich 🌱  
Crispy Sausage Links 🍷  
Sweet Potato Fries  
Cucumber Coins  
Applesauce  
Fresh Pear

21 Korean BBQ Chicken *chicken strips smothered in Korean BBQ sauce*  
With Brown Rice Pilaf  
Or Veggie Burger 🌱🍷  
Steamed Carrots  
Celery & Carrot Sticks w/ Low Fat Dressing  
Diced Pear Cup  
Fresh Orange



23

26 Or General Tso's Chicken 🍷  
With Brown Rice Pilaf  
Sweet Corn  
Celery Sticks  
Mixed Fruit  
Fresh Apple

**MEATLESS MONDAY**

27 Baked Pasta with Homemade Meat Sauce 🍷  
Or Italian Stallion Panini 🍷  
Steamed Broccoli  
Red Pepper Strips  
Sliced Peaches  
Fresh Pear  
(Panini contains Turkey Pepperoni)

28 Barbecue Rib Sandwich (W.G. Roll) 🍷  
Or Buffalo Chicken Stromboli 🍷  
Oven Baked Fries  
Fresh Baby Carrots  
Applesauce  
Fresh Orange

29 Baked Potato Bar  
With Dinner Rolls  
Or Buffalo Meatball Parmesan Hero 🍷🍷  
Baked Beans  
Cucumber Coins  
Fresh Apple  
Sliced Pears  
  
(turkey taco & cheese sauce)

30 Chicken and Waffles  
Or Buffalo Chicken and Cheese Quesadilla  
Garden Salad  
Fresh Baby Carrots  
Fresh Banana  
Mixed Fruit

**CELEBRATE 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 Choice of: Low Fat, Fat Free, or Fat Free flavored Milk, Fruit Choices, WG Bread, Protein, and Vegetable Choices\Side Green or Rolls.  
Dressings  
Lunch Prices; \$3.00  
Reduced Price \$.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's Grill Choices: Veggie Burger, Hamburger, Cheeseburger, Grilled Cheese, Chicken Patty all on W.G.Bread or Rolls.  
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 Cheese Sticks

🌱 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.