

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

8 BBQ Chicken
With Brown Rice Pilaf
Or Ruby's Chicken Cordon Bleu 🍷 (W.G. Roll)
All With Mixed Vegetables
Chili Roasted Garbanzo Beans
Sliced Peaches
Fresh Pear

9 Chicken Parmesan Over Pasta 🍷
Or Chicken Fajita Wrap 🍷
All With Steamed Broccoli
Grape Tomatoes
Mixed Fruit
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
(Panini: Fresh Pear 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.