

# Welcome to our Lunch Cafe at...

## Huntington High School

# February 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.



Try a sample of our Korean BBQ Chicken

1	Meatloaf with Gravy 🍴 With Dinner Rolls Or Balsamic Chicken Panini Fluffy Mashed Potatoes Steamed Broccoli Fresh Baby Carrots Mixed Fruit Fresh Apple
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4	Stuffed Bread 🍴 With Tomato Sauce Dip 🍴 Or Meatball Calzone 🍴 Sweet Corn Cucumber Coins Mixed Fruit Fresh Pear  (Cheese filled Bread)
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5	Buffalo Chicken Mac & Cheese 🍴 Or Tomato & Cheese Griller 🍴  Tomato Soup 🍴 Celery Sticks 🍴 Applesauce Fresh Orange
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6	Homemade Chicken Empanadas 🍴 Or Homemade Beef Empanada 🍴 Spanish Style Rice Sweet Corn Red Pepper Strips Diced Peaches Fresh Apple
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7	Korean 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
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8	Chicken Parmesan Over Pasta 🍴 Or Chicken Fajita Wrap 🍴 Fresh Baby Carrots All With Steamed Broccoli Grape Tomatoes Mixed Fruit Fresh Banana
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11	Mozzarella Sticks 🍴 With Tomato Sauce Dip 🍴 French Bread Or Chicken Cheese Quesadilla Steamed Peas Celery Sticks Mixed Fruit Fresh Apple
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12	Fluffy Whole Grain Pancakes 🍴 Or Egg and Cheese Sandwich 🍴 With Crispy Sausage Links 🍴 Steamed Carrots Cucumber Coins Fresh Orange Diced Peaches
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13	Crispy Popcorn Chicken Brown Rice Or Meatball Stromboli 🍴 Sweet Potato Fries Red Pepper Strips Applesauce Fresh Pear
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14	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)
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15	Homemade Curry Chicken 🍴 With Vegetable Rice Pilaf Or Grilled Turkey & Bacon Melt Steamed Broccoli Fresh Baby Carrots Mixed Fruit Fresh Apple
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# Winter Recess

25	Bean & Veggie Burrito 🍴 Or Buffalo Chicken and Cheese Quesadilla Sweet Corn Celery Sticks Mixed Fruit Fresh Apple  (Burrito contains Cheddar Cheese)
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26	Chicken Tikka Masala With Brown Rice Pilaf Or Buffalo Chicken Panini 🍴 Indian Spiced Vegetables Celery & Carrot Sticks w/ Low Fat Dressing Diced Pear Cup Fresh Orange
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27	General Tso Chicken Noodle Bowl 🍴 Or Buffalo Chicken Stromboli 🍴 Green Beans Red Pepper Strips Diced Peaches Fresh Apple
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28	Famous Chili Cheese Fries (Beef & Red Beans) With Dinner Rolls Or Club Griller 🍴 Baked Beans Cucumber Coins Diced Peaches Fresh Grapes  (contains cheese & turkey)
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All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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.