

Welcome to our Lunch Cafe at...

Huntington High School

March 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.



4 Stuffed Bread 🌱
Tomato Sauce Dip 🍷
Homemade Meatball Calzone 🍷
Sweet Corn
Cucumber Coins
Fresh Apple
Diced Peaches

MEATLESS MONDAY

(Cheese Filled Bread Sticks)

5 Buffalo Chicken Mac & Cheese 🍷 **FLAVES**
Tomato & Cheese Griller 🌱
Steamed Carrots
Celery Sticks
Applesauce
Fresh Orange

Celebrate Celery National Month. Eat Celery!

6 Homemade Pasta & Meatballs 🌱 🍷 **FLAVES**
Buffalo Chicken Panini 🍷
Caesar Salad 🍷
Red Pepper Strips
Fresh Pear
Mixed Fruit

(Chicken Meatballs)

7 Crispy Popcorn Chicken 🍷
Brown Rice Pilaf (on a W.G. Roll) 🍷
Ruby's Chicken Cordon Bleu 🍷
Mixed Vegetables
Sriracha Garbanzo Beans
Diced Pear Cup
Fresh Grapes

8 Chicken Parmesan Over Pasta 🍷
Chicken Fajita Wrap 🍷
Steamed Broccoli
Grape Tomatoes
Mixed Fruit
Fresh Banana

11 Mozzarella Sticks 🌱
All With Tomato Sauce Dip 🍷
French Bread
Chicken Cheese
Quesadilla
Steamed Peas
Celery Sticks
Mixed Fruit
Fresh Apple

MEATLESS MONDAY

12 Fluffy Whole Grain Pancakes 🌱
Or Egg and Cheese Sandwich 🌱
Crispy Sausage Links 🍷
Steamed Carrots
Cucumber Coins
Fresh Pear
Diced Peaches

BRUNCH FOR LUNCH TODAY!

13 Baked Potato Bar With Dinner Rolls
Or Korean BBQ Wrap 🍷 **FLAVES**
Steamed Broccoli
Grape Tomatoes
Applesauce
Fresh Orange

(Beef Chili, Cheese offered on Potato Bar)

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

(Chicken & Broccoli over Pasta)

15 Wild West Grilled Cheese 🍷 **FLAVES**
Or Veggie Burger 🍷
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Apple

(Veggie Burger on WG Bun)

ST PATRICK'S DAY

18 Tomato & Cheese Griller 🌱
BBQ Chicken Wrap 🍷
Oven Baked Fries
Celery & Carrot Sticks w/ Low Fat Dressing
Fresh Apple
Mixed Fruit

MEATLESS MONDAY

19 General Tso Chicken Noodle Bowl 🍷 **FLAVES**
Homemade Chicken & Cheese Stromboli 🍷
Sweet Potato Fries
Applesauce
Fresh Pear
David's Oatmeal Raisin Cookie

Celebrate National Oatmeal Cookie Day. Cookie with Lunch Purchase!

20 Homemade Chicken & Broccoli Sautéed Pasta 🍷
Or Margherita Flatbread 🍷 **FLAVES**
Steamed Carrots
Celery Sticks
Fresh Orange
Diced Pear Cup
Fresh Apple

21 Korean BBQ Chicken With Brown Rice Pilaf
Roma Pepperoni Griller
Sriracha Garbanzo Beans
Green Beans
Fresh Apple
Diced Peaches

22 Chicken Parmesan Sandwich
Balsamic Chicken Panini
Broccoli
Grape Tomatoes
Diced Pear Cup
Fresh Banana

25 Bean & Veggie Burrito 🍷
Buffalo Chicken and Cheese Quesadilla
Sweet Corn
Celery Sticks
Mixed Fruit
Fresh Apple

(Burrito contains Cheddar Cheese)

MEATLESS MONDAY

26 Chicken Bowl with Gravy 🍷
With Dinner Rolls
Buffalo Chicken Panini 🍷
Fluffy Mashed Potatoes
Fresh Baby Carrots
Diced Pear Cup
Fresh Orange

27 Barbecue Rib Sandwich
Homemade Chicken & Cheese Stromboli 🍷
Steamed Carrots
Steamed Broccoli
Fresh Pear
Strawberry Cup

28 Ramen Noodle Bar
Or Club Griller 🍷
Baked Beans
Cucumber Coins
Fresh Banana
Applesauce

(Club Griller Contains Cheese & Turkey)

29 Baked Pasta with Homemade Meat Sauce 🍷
Or Teriyaki Chicken Wrap 🍷 **FLAVES**
Steamed Broccoli
Fresh Baby Carrots
Fresh Apple
Mixed Fruit



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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, Yogurt & Fruit Smoothie
We use all Whole Grain Rich Product

🌱 **VEGETARIAN** 🍷 **MADE WITH NATURAL INGREDIENTS** 🍷 **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.