

# Welcome to our Lunch Cafe at...

## Huntington High School

# April 2019

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1 Cheese Quesadilla   
Or Chicken Cheese Quesadilla  
Crispy Potato Puffs  
Celery Sticks  
Fresh Apple  
Mixed Fruit

2 Chicken & Vegetable Rice Bowl   
With Brown Rice  
Or Chicken Fajita Wrap   
Steamed Carrots  
Cucumber Coins  
Fresh Orange  
Diced Pear Cup

3 Baked Pasta with Homemade Meat Sauce   
  
Or Homemade Pasta Bolognese   
Green Beans  
Fresh Baby Carrots  
Fresh Pear  
Diced Peaches

4 Famous Chili Cheese Fries   
With Dinner Rolls  
Or Margherita Flatbread   
  
Baked Beans  
Steamed Carrots  
Applesauce  
Fresh Banana

5 Hot Open Turkey Sandwich with Gravy  
Or Veggie Burger   
  
Fluffy Mashed Potatoes  
Steamed Broccoli  
Fresh Apple  
Mixed Fruit  
  
(Veggie burger on W.W. Bun)

**MEATLESS MONDAY**

**Eat Carrots!**  
**International Carrot Day Today**

8 Stuffed Bread   
With Tomato Sauce Dip  
Or Homemade Meatball Calzone   
Sweet Corn  
Cucumber Coins  
Fresh Apple  
Diced Peaches

9 Buffalo Chicken Mac & Cheese   
Or Tomato & Cheese Griller   
Steamed Carrots  
Celery Sticks  
Applesauce  
Fresh Orange

10 Homemade Pasta & Meatballs   
Or Buffalo Chicken Panini   
  
Caesar Salad  
Red Pepper Strips  
Fresh Pear  
Mixed Fruit

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

12 Chicken Parmesan Over Pasta   
Or Chicken Fajita Wrap   
Steamed Broccoli  
Grape Tomatoes  
Mixed Fruit  
Fresh Banana

(Cheese filled bread sticks)

(Chicken meatballs)

**MEATLESS MONDAY**

15 Mozzarella Sticks   
Tomato Sauce Dip  
All With French Bread  
Or Chicken Cheese Quesadilla  
Steamed Peas  
Celery Sticks  
Mixed Fruit  
Fresh Apple

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

17 Baked Potato Bar With Dinner Rolls  
Or Korean BBQ Wrap   
Steamed Broccoli  
Grape Tomatoes  
Applesauce  
Fresh Orange

**SCHOOL CLOSED TODAY**

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**MEATLESS MONDAY**

**BRUNCH FOR LUNCH TODAY!**

(Beef Chili, Cheese offered on Potato Bar)

22 **FLAVES**  
Flavor up your Lunch with our Special Spice Blends

23

24

25

26

# SPRING RECESS

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

30 Steamed Dumplings   
With Brown Rice  
Or Buffalo Chicken Panini   
  
Green Beans  
Fresh Baby Carrots  
Fresh Orange  
Diced Pear Cup

**MEATLESS MONDAY**

(Burrito contains Cheddar Cheese)

(Chicken Dumpling)

## 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.



### 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. Smoothies at High Only (2 Dinner Rolls)

**We use all Whole Grain Rich Product**

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 \$2.5

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically.

We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn

more visit us at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing to keep our young customers healthy!



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.