

Welcome to our Lunch Cafe at...

Huntington High School

June 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.



3 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
With Tomato Sauce Dip Or Margherita Flatbread

Crispy Potato Puffs
Grape Tomatoes
Mixed Fruit
Fresh Apple

MEATLESS MONDAY

4 Two Cheese Quesadilla Or Balsamic Chicken Panini
Steamed Carrots
Cucumber Coins
Fresh Orange
Mango Slices

HARVEST
Today Is National Cheese Day!

5 Chicago Style Hot Dog *skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers*
Or Buffalo Chicken Wrap

Sweet Potato Fries
Baked Beans
Diced Peaches
Fresh Pear

6 Fiesta Chicken Rice Bowl
Or Buffalo Chicken and Cheese Quesadilla
Fiesta Corn
Black Beans
Diced Pear Cup
Fresh Banana

7 Meatloaf with Gravy
With Dinner Rolls
Or Veggie Burger

Fluffy Mashed Potatoes
Steamed Broccoli
Fresh Apple
Mixed Fruit

(Veggie Burger on a W.G. Roll)

10 Mozzarella Sticks
Tomato Sauce Dip
Garlic Bread
Or Homemade Meatball Calzone
Sweet Corn
Cucumber Coins
Fresh Apple
Diced Peaches

MEATLESS MONDAY

11 Sausage and Egg Sandwich
Or Whole Grain Pancakes with Sausage
Steamed Carrots
Celery Sticks
Applesauce
Fresh Orange

BRUNCH FOR LUNCH TODAY!

12 BBQ Chicken Brown Rice Pilaf
Or Buffalo Chicken Panini

Caesar Salad
Red Pepper Strips
Fresh Pear
Mixed Fruit

13 Crispy Popcorn Chicken Dinner Rolls
Or Ruby's Chicken Cordon Bleu
Mixed Vegetables
Sriracha Garbanzo Beans
Diced Pear Cup
Fresh Strawberries

14 **CHEF CHOICE**
All Hot Entrees Include:
Protein, W.G. Rolls, Broccoli, Carrots,
Cupped & Fresh Fruit, Milk

17 **CHEF CHOICE**
All Hot Entrees Include:
Protein, W.G. Rolls, Corn, Celery,
Cupped & Fresh Fruit, Milk

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19
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**Regents Week 6/17 -6/26
No Lunch Service**
EMPLOYMENT OPPORTUNITIES AVAILABLE INSCHOOL KITCHENS. EARN WHILE YOUR CHILDREN LEARN. CALL 631-673-2107 FOR INFORMATION

24 The USDA & NYSED PARTNER IN MANY LOCAL COMMUNITIES TO SERVE MEALS WHEN SCHOOL IS NOT IN SESSION. WHERE AVAILABLE, FREE, HEALTHY MEALS ARE OFFERED TO ALL KIDS AND TEENS 18 AND UNDER. CALL NYS 1-800-522-5006 TOLL FREE NUMBER TO FIND AN OPEN SITE NEAR YOU.

25

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27 **SCHOOL CLOSED TODAY**

28 **SCHOOL CLOSED TODAY**

Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.



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 \$2.25

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, 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** **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.