

# Welcome to our Lunch Cafe at...

## Huntington High School

# September 2018

**MEATLESS MONDAY**

Monday

Tuesday

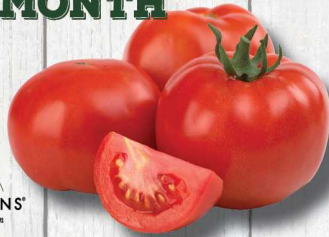
Wednesday

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.



EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS EARN WHILE YOUR CHILDREN LEARNS. CALL 631-673-2107 FOR INFORMATION

<p>3</p>	<p>4</p>	<p>5</p> <ul style="list-style-type: none"> <li>Mozzarella Sticks</li> <li>With Tomato Sauce Dip</li> <li>And French Bread</li> <li>Or Veggie Burger</li> <li>Steamed Carrots</li> <li>Tomato Salad</li> <li>Sliced Pears</li> <li>Fresh Apple</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Peruvian Roasted Chicken</li> <li>With Brown Rice Pilaf</li> <li>Ruby's Chicken Cordon Bleu Sandwich</li> <li>Sweet Corn</li> <li>Baked Beans</li> <li>Sliced Peaches</li> <li>Fresh Pear</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>Meatloaf with Gravy</li> <li>Or Roasted Turkey with Gravy</li> <li>All With Dinner Rolls</li> <li>Fluffy Mashed Potatoes</li> <li>Steamed Broccoli</li> <li>Pear and Pineapple Cup</li> <li>Fresh Peach</li> </ul>
<p>10</p>	<p>11</p>	<p>12</p> <ul style="list-style-type: none"> <li>Pasta Rustica</li> <li>Or Salad Pizza Sicilian Style</li> <li>All With Green Beans</li> <li>Red Pepper Strips</li> <li>Diced Pear Cup</li> <li>Fresh Apple</li> </ul> <p>(pasta made with chicken sausage)</p>	<p>13</p> <ul style="list-style-type: none"> <li>BBQ Chicken</li> <li>With Brown Rice Pilaf</li> <li>Or Ruby's Chicken Cordon Bleu Sandwich</li> <li>All With Mixed Vegetables</li> <li>Chili Roasted Garbanzo Beans</li> <li>Sliced Peaches</li> <li>Fresh Pear</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>Chicken Fajita Wrap</li> <li>Or Pizza Bite &amp; Mozzarella Stick Combo</li> <li>With French Bread</li> <li>All With Steamed Broccoli</li> <li>Grape Tomatoes</li> <li>Mixed Fruit</li> <li>Plums</li> </ul>
<p>17</p> <ul style="list-style-type: none"> <li>Buffalo Chicken Mac &amp; Cheese</li> <li>Or Organic Veggie Burrito</li> <li>All With Sweet Corn</li> <li>Green Bean Salad</li> <li>Mixed Fruit</li> <li>Fresh Apple</li> </ul> <p>(Burrito Made with Cheese &amp; Beans)</p>	<p>18</p> <ul style="list-style-type: none"> <li>Whole Grain French Toast Slices</li> <li>Egg and Cheese Sandwich</li> <li>Crispy Sausage Links</li> <li>Steamed Carrots</li> <li>Cucumber Coins</li> <li>Applesauce</li> <li>Fresh Orange</li> </ul>	<p>19</p>	<p>20</p> <ul style="list-style-type: none"> <li>Turkey Hot Dog on Bun</li> <li>Ruby's Chicken Cordon Bleu Sandwich</li> <li>Baked Beans</li> <li>Oven Baked Fries</li> <li>Sliced Peaches</li> <li>Fresh Pear</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>Burger Bar</li> <li>Or Chicken Parmesan Sandwich</li> <li>Side Salad</li> <li>Grape Tomatoes</li> <li>Sliced Pears</li> <li>Fresh Banana</li> <li>Kidney Beans</li> </ul>
<p>24</p> <ul style="list-style-type: none"> <li>Crispy Popcorn Chicken</li> <li>With Brown Rice</li> <li>Or Organic Veggie Burrito</li> <li>Steamed Peas</li> <li>Celery</li> <li>Mixed Fruit</li> <li>Fresh Apple</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Fluffy Whole Grain Waffles</li> <li>Or Egg and Cheese Sandwich</li> <li>Crispy Sausage Links</li> <li>Sweet Potato Fries</li> <li>Cucumber Coins</li> <li>Applesauce</li> <li>Fresh Banana</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>Chicken &amp; Broccoli Alfredo</li> <li>Or Veggie Burger</li> <li>Steamed Carrots</li> <li>Celery &amp; Carrot Sticks w/ Low Fat Dressing</li> <li>Diced Pear Cup</li> <li>Fresh Peach</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>Guy's Fries</li> <li>With Dinner Rolls</li> <li>Or Ruby's Chicken Cordon Bleu Sandwich</li> <li>Baked Beans</li> <li>Sliced Peaches</li> <li>Fresh Pear</li> </ul> <p>(Protein Toppings: Chicken, Turkey and Cheese)</p>	<p>28</p> <ul style="list-style-type: none"> <li>Meatball Hero</li> <li>Or Chicken Parmesan Sandwich</li> <li>Steamed Broccoli</li> <li>Tomato Salad</li> <li>Mixed Fruit</li> <li>Fresh Apple</li> </ul>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



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 Salad/Condiments and L.F. 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. Yogurt Parfaits- made with ORGANIC Yogurt, Fruit & Granola. We use all Whole Grain Rich Products

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.