

Welcome to our Lunch Cafe at...

Huntington Jack Abrams STEM

October 2018

MEATLESS MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mozzarella Sticks Tomato Sauce Dip French Bread Sweet Corn Celery Sticks Mixed Fruit Fresh Banana National World Vegetarian Day	2 Crispy Popcorn Chicken Whole Wheat Dinner Roll Glazed Carrots Red Pepper Strips Applesauce Fresh Orange	3 Pasta & Meatballs Whole Wheat Bread Steamed Broccoli Grape Tomatoes Diced Pear Cup Fresh Apple (Chicken Meatballs)	4 Nachos Grande Mild Salsa Black Beans Cucumber Coins Sliced Peaches Fresh Pear (Turkey Taco)	5 Oven Roasted Chicken Brown Rice Pilaf Garden Salad Fresh Baby Carrots Fresh Apple Mixed Fruit
8 COLUMBUS DAY	9 Egg and Cheese Sandwich Crispy Potato Puffs Fresh Baby Carrots Applesauce Fresh Grapes 	10 Pizza Bites Celery & Carrot Sticks w/ Low Fat Dressing Steamed Carrots Sliced Peaches Fresh Apple	11 Burger Cheeseburger (W. G. Bun) Oven Baked Fries Baked Beans Pear and Pineapple Cup Fresh Orange	12 Chicken Fajita Wrap Steamed Broccoli Grape Tomatoes Diced Peach Cup Fresh Banana
15 Fruity Peach & Granola Parfait Or Crispy Chicken Sandwich Crispy Potato Puffs Cucumber Coins Sliced Peaches Fresh Pear	16 BBQ Chicken With Brown Rice Pilaf Steamed Carrots Celery Sticks Cinnamon Applesauce Fresh Orange	17 Stuffed Bread Sticks Tomato Sauce Dip Steamed Broccoli Red Pepper Strips Pear and Pineapple Cup Fresh Banana	18 Grilled Cheese Sandwich Oven Baked Fries Cinnamon & Honey (Garbanzo Beans) Roasted Beans Diced Pear Cup Fresh Grapes LUCKY TRAY DAY!	19 Soft Tacos Side Salad Fresh Baby Carrots Mixed Fruit Fresh Apple (Turkey Taco)
<p>Lots 2 Love about School Lunch Week. #schoolunch</p>				
22 Garden Salad with Cheese Entree With Dinner Rolls Crispy Popcorn Chicken Brown Rice Sweet Corn Fresh Baby Carrots Sliced Peaches Fresh Pear	23 Egg and Cheese Sandwich Sweet Potato Fries Cucumber Coins Applesauce Fresh Banana 	24 Baked Chicken Tenders With Whole Wheat Dinner Roll Steamed Carrots Celery Diced Pear Cup Fresh Apple	25 Turkey Hot Dog on Bun Crispy Potato Puffs Baked Beans Diced Pear Cup Fresh Orange	26 Chicken Cheese Quesadilla Steamed Broccoli Fresh Baby Carrots Pineapple Cup Fresh Apple
29 Pizza Bite & Mozzarella Stick Combo Whole Wheat Dinner Roll Crispy Potato Puffs Celery Sticks Mixed Fruit Sliced Pears	30 Whole Grain French Toast Slices Turkey Sausage Patty Steamed Carrots Cucumber Coins Applesauce Fresh Banana 	31 Pasta & Meat Sauce With French Bread Steamed Broccoli Grape Tomatoes Sliced Pears Fresh Orange 	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <h2>HARVEST of the MONTH</h2> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> <p>WHITSON'S School Nutrition</p> </div> </div>	



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (all antibiotic and hormone free) DAILY VEGETABLE OFFERING; SIDE GREEN SALAD DAILY FRESH FRUIT. CONDIMENTS AND L.F. DRESSINGS Lunch Price: \$2.65

Daily Offerings: Grab N Go Sandwiches - Peanut Butter and Jelly (where permitted), or Jelly w/ Cheese Sticks (2), American Cheese. All Sandwiches served on Whole Grain Breads. Ham or Turkey w/ Cheese on Whole Grain Roll. Grab N Go Salads: Garden w/ Cheese, Chef, or Chicken Caesar all served w/ Whole Grain Roll. Yogurt Parfait with Low fat Vanilla ORGANIC Yogurt with Granola and Fruit or 4.oz Yogurt w/ W.G Bagel and Cheese Stick Whole Grain Bagel with (2) Cheese Stick. W.W. Cheese, or Vegetable, Meat topped and Daily Special Pizza.

[We serve 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.