

# Welcome to our Lunch Cafe at...

## Huntington Jefferson

### April 2019

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1 Stuffed Bread ✓  
Tomato Sauce Dip  
Crispy Potato Puffs  
Grape Tomatoes  
Fresh Apple  
Mixed Fruit  
  
(Cheese Filled Bread Sticks)

2 Egg and Cheese Sandwich ✓  
Sweet Potato Fries  
Celery Sticks  
Fresh Orange  
Diced Pear Cup  
  
**BRUNCH FOR LUNCH TODAY!**

3 Nachos Grande 🍌  
Black Beans  
Sweet Corn  
Diced Peaches  
Fresh Pear  
  
(Turkey Taco)

4 Crispy Popcorn Chicken  
Brown Rice  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Banana  
  
**EAT CARROTS!  
INTERNATIONAL CARROT DAY**

5 Classic Cheese Pizza ✓  
Or Pepperoni Pizza  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Apple  
Mixed Fruit

8 Mozzarella Sticks ✓  
French Bread  
Tomato Sauce Dip  
Sweet Corn  
Celery Sticks  
Fresh Apple  
Diced Peaches

9 Fluffy Whole Grain Pancakes ✓  
Turkey Sausage Patty  
Sweet Potato Fries  
Cucumber Coins  
Fresh Orange  
Applesauce  
  
**BRUNCH FOR LUNCH TODAY!**

10 Turkey Hot Dog on Bun  
Crispy Potato Puffs  
Baked Beans  
Fresh Pear  
Mixed Fruit

11 Homemade Mac & Cheese ✓  
Steamed Carrots (WG Roll)  
Green Pepper Slices  
Fresh Grapes  
Diced Pear Cup

12 Classic Cheese Pizza ✓  
Or Pepperoni Pizza  
Side Salad  
Grape Tomatoes  
Mixed Fruit  
Fresh Banana

15 Pizza Bite & Mozzarella Stick Combo ✓  
Crispy Potato Puffs  
Celery Sticks  
Mixed Fruit  
Fresh Apple

16 Homemade Pasta & Meatballs 🍌  
Steamed Carrots  
Cucumber Coins  
Fresh Pear  
Diced Peaches  
  
(Chicken Meatballs)

17 Chicken Cheese Quesadilla  
Black Beans  
Fresh Baby Carrots  
Fresh Orange  
Applesauce

18 Grilled Cheese Sandwich ✓  
Oven Baked Fries  
Side Garden Salad  
Fresh Apple  
Diced Pear Cup  
**LUCKY TRAY DAY!**  
(Contingency Day)

19 **SCHOOL CLOSED TODAY**

22

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# SPRING RECESS

29 Stuffed Bread ✓  
Tomato Sauce Dip  
Crispy Potato Puffs  
Cucumber Coins  
Mixed Fruit  
Fresh Apple  
  
(Cheese Filled Bread Sticks)

30 Whole Grain Pancakes with Sausage  
Steamed Carrots  
Celery Sticks  
Diced Pear Cup  
Fresh Orange  
  
**BRUNCH FOR LUNCH TODAY!**

## 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.



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!



ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (antibiotic and hormone free)  
DAILY VEGETABLE OFFERING; SIDE GREEN SALAD  
DAILY FRESH FRUIT. CONDIMENT: AND L.F. DRESSINGS  
Lunch Price: \$2.65  
Reduced Lunch: \$.25

**Daily Offerings:** Grab N Go Sandwiches - Peanut Butter and Jelly (where permitted), or Jelly w/ Cheese Sticks (2), Sunbutter & jelly, 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 Rolls  
Yogurt Parfait - Low fat Vanilla ORGANIC Yogurt with Granola and Fruit 4.oz Yogurt w/ W.G Bagel and Cheese Sticks Whole Grain Bagel with (2) Cheese Stick.

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.