

Welcome to our Lunch Cafe at...

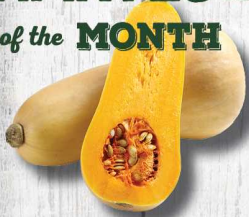
Huntington Washington

January 2019

MEATLESS MONDAY

Monday

HARVEST
of the MONTH



Tuesday



Wednesday

2 Baked Chicken Tenders
Brown Rice
Steamed Carrots
Celery Sticks
Applesauce
Fresh Pear

Thursday

3 Nachos Grande
Black Beans
Cucumber Coins
Sliced Peaches
Fresh Banana

(Turkey Taco)

Friday

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

7 Pizza Bites ✓
Sweet Corn
Celery
Mixed Fruit
Fresh Pear

MEATLESS MONDAY

8 Fluffy Whole Grain Pancakes ✓
Turkey Sausage Patty
Sweet Potato Fries
Cucumber Coins
Applesauce
Fresh Orange

BRUNCH FOR LUNCH TODAY!

9 Crispy Popcorn Chicken
Brown Rice
Steamed Carrots
Celery & Carrot Sticks w/
Low Fat Dressing
Diced Peaches
Fresh Apple

10 Turkey Hot Dog on Bun
Crispy Potato Puffs (WG Roll)
Baked Beans
Diced Pear Cup
Fresh Grapes

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

14 Stuffed Bread ✓
Tomato Sauce Dip
Steamed Peas
Celery
Mixed Fruit
Fresh Apple

MEATLESS MONDAY

15 Chicken Cheese Quesadilla
Sweet Corn
Fresh Baby Carrots
Diced Peaches
Fresh Orange

16 Pasta & Meatballs 🍝
Steamed Carrots
Caesar Salad
Applesauce
Fresh Pear

17 Grilled Cheese Sandwich ✓

Oven Baked Fries
Cinnamon & Honey
Roasted Beans 🍷
Diced Pear Cup
Fresh Banana
(Garbanzo Beans)

LUCKY TRY DAY!

18 Classic Cheese Pizza ✓
Or Pepperoni Pizza
Steamed Broccoli
Red Pepper Strips
Mixed Fruit
Fresh Apple

21

SCHOOL CLOSED TODAY

22 Egg and Cheese Sandwich ✓
Sweet Potato Fries
Cucumber Coins
Applesauce
Fresh Orange

BRUNCH FOR LUNCH TODAY!

23 Crispy Popcorn Chicken
Brown Rice
Steamed Carrots
Celery Sticks
Diced Peaches
Fresh Apple

24 Burger (on WG Roll)
Oven Baked Fries
Baked Beans
Diced Peaches
Fresh Pear

25 Classic Cheese Pizza ✓
Or Pepperoni Pizza
Sweet Corn
Garden Salad
Mixed Fruit
Fresh Banana

28 Mozzarella Sticks ✓
Tomato Sauce Dip 🍷
French Bread
Crispy Potato Puffs
Cucumber Coins
Mixed Fruit
Fresh Apple

MEATLESS MONDAY

29 Whole Grain Pancakes with Sausage
Steamed Carrots
Celery Sticks
Diced Pear Cup
Fresh Orange

BRUNCH FOR LUNCH TODAY!

30 Ham & Cheese Bagel Melt

Tomato Soup
Celery & Carrot Sticks w/
Low Fat Dressing
Diced Peaches
Fresh Pear

31 Nachos Grande
Chickpea Salad
Sweet Corn
Applesauce
Fresh Grapes

(Turkey Taco)

Try Something New
Chickpea Salad!
Get a Sticker

WHITSON'S
School Nutrition

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



ALL MEALS SERVED WITH 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE MILK (all antibiotic and hormone free)
DAILY VEGETABLE OFFERING:
SIDE GREEN SALAD
DAILY FRESH FRUIT.
CONDIMENTS 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, Sunbutter & Jelly, (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.

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.