

Welcome to our Lunch Cafe at...

Huntington Washington

February 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.



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

4 Pizza Bite & Mozzarella Stick Combo
Sweet Corn
Celery Sticks
Mixed Fruit
Fresh Pear

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



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

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

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

Today is National Pizza Day
Have a Slice of Pizza!

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

(Cheese filled bread)

12 Chicken Cheese Quesadilla
Sweet Corn
Fresh Baby Carrots
Fresh Orange



13 Pasta & Meatballs
Steamed Carrots
Caesar Salad
Applesauce
Fresh Pear

(Chicken Meatballs)

Celebrate "National Italian Food Day"

14 Grilled Cheese Sandwich
Oven Baked Fries
Cinnamon & Honey
Roasted Beans
Fresh Banana
Diced Pear Cup

(Garbanzo Beans)

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

18

19

20

21

22

Winter Recess

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



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



27 Baked Chicken Tenders
Brown Rice
Sweet Corn
Fresh Baby Carrots
Diced Peaches
Fresh Pear

28 Burger (WG Roll)
Oven Baked Fries
Baked Beans
Diced Peaches
Fresh Grapes

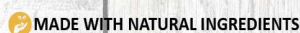
All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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



*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.