

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

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 BBQ Chicken
Brown Rice Pilaf
Black Beans
Cucumber Coins
Diced Peaches
Fresh Banana

Friday

4 Soft Tacos
Steamed Broccoli
Fresh Baby Carrots
Fresh Apple
Mixed Fruit

(Turkey Taco)

7 Homemade Mac & Cheese
Sweet Corn
Celery Sticks
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
Baked Beans
Diced Pear Cup
Fresh Grapes

11 Nachos Grande
Side Salad
Grape Tomatoes
Mixed Fruit
Fresh Banana

(Turkey Taco)

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

(Chicken Meatballs)

17 Grilled Cheese Sandwich
Oven Baked Fries
Cinnamon & Honey Roasted Beans
Fresh Banana
Diced Pear Cup
(Garbanzo Beans)

LUCKY TRAY DAY!

18 Pizza Bite & Mozzarella Stick Combo
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 Pizza Bites
Steamed Carrots
Celery Sticks
Diced Peaches
Fresh Apple

24 Burger
(on W.G. Roll)
Oven Baked Fries
Baked Beans
Diced Peaches
Fresh Pear

25 Mission Burrito
Side Garden Salad
Sweet Corn
Mixed Fruit
Fresh Banana

(Turkey Taco and Cheese)

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 Chicken Bowl with Gravy
Dinner Rolls
Fluffy Mashed Potatoes
Chickpea Salad
Diced Peaches
Fresh Grapes

Try our new Chickpea Salad and get a Sticker!



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 MILK:
1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE
(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 (2), Sunbutter & jelly, American Cheese. All Sandwiches served on Whole Grain Breads. Har 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 w with Granola and Fruit. 4.oz Yogurt w/ W.G Bagel and Cheese Sticks Whole Grain Bagel with (2) Cheese Stick
Chicken Patty on W.G. Roll.
Pizza: 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.