

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

November 2018

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 Nachos Grande
Black Beans
Cucumber Coins
Diced Peaches
Fresh Pear

(Turkey Taco)

2 BBQ Chicken
Brown Rice Pilaf
Steamed Broccoli
Fresh Baby Carrots
Fresh Apple
Mixed Fruit

5 Mozzarella Sticks
With Tomato Sauce Dip
French Bread
Sweet Corn
Celery Sticks
Mixed Fruit
Fresh Pear

MEATLESS MONDAY
Try Something New!
Sunflower Butter
with Celery

6 **SCHOOL CLOSED TODAY**

7 Crispy Popcorn Chicken
Brown Rice Pilaf
Steamed Carrots
Celery & Carrot Sticks w/
Low Fat Dressing
Sliced Peaches
Fresh Apple

8 Crispy Chicken Sandwich
Baked Beans (W.G. Roll)
Red Pepper Strips
Diced Pear Cup
Fresh Orange

9 Soft Tacos
Side Salad
Grape Tomatoes
Diced Peach Cup
Fresh Banana

(Turkey Taco)

12 **SCHOOL CLOSED TODAY**

13 Bagel with String Cheese
Fresh Baby Carrots
Applesauce

1/2 DAY BAG LUNCH

14 Hot Open Turkey
Sandwich with Gravy
Steamed Carrots
Fluffy Mashed Potatoes
Applesauce
Fresh Pear

15 Grilled Cheese Sandwich
Oven Baked Fries
Cinnamon & Honey
Roasted Beans
Diced Pear Cup
Fresh Grapes
(Garbanzo Beans)
LUCKY TODAY!

16 Chicken Cheese Quesadilla
Steamed Broccoli
Red Pepper Strips
Mixed Fruit
Fresh Apple

19 Stuffed Bread
Tomato Sauce Dip
Sweet Corn
Fresh Baby Carrots
Sliced Peaches
Fresh Apple

MEATLESS MONDAY

20 Egg and Cheese Sandwich
Crispy Potato Puffs
Red Pepper Strips
Applesauce
Fresh Orange

BRUNCH FOR LUNCH TODAY!

21 Baked Chicken Tenders
Whole Wheat Dinner Roll
Steamed Carrots
Green Pepper Slices
Mixed Fruit
Fresh Pear



22
23

26 Pizza Bite & Mozzarella Stick Combo
Whole Wheat Dinner Roll
Crispy Potato Puffs
Celery Sticks
Mixed Fruit
Fresh Pear

MEATLESS MONDAY

27 Crispy Popcorn Chicken
Brown Rice
Steamed Carrots
Cucumber Coins
Applesauce
Fresh Apple

28 Pasta & Meat Sauce
French Bread
Steamed Broccoli
Grape Tomatoes
Sliced Pears
Fresh Orange

29 Turkey Hot Dog on Bun
Baked Beans (W.G. Roll)
Green Pepper Slices
Mixed Fruit
Fresh Banana

30 Bagel with String Cheese
Fresh Baby Carrots
Applesauce

1/2 DAY BAG LUNCH

NATIONAL PEPPER MONTH



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (all antibiotic and hormone free)
DAILY VEGETABLES
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, 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 .4oz Yogurt w/ W.G Bagel and Cheese Sticks Whole Grain Bagel with (2) Cheese Stick. Chicken Patty on WG Roll.
Pizza: Cheese, or Vegetable, Meat topped and Daily Special Pizza.

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.