

# Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

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	Soft Tacos Steamed Broccoli Fresh Baby Carrots Fresh Apple Mixed Fruit
	(Turkey Taco)

4	Homemade Mac & Cheese Sweet Corn Celery Sticks Mixed Fruit Fresh Pear
	MEATLESS MONDAY

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

6	Crispy Popcorn Chicken Brown Rice Steamed Carrots Celery & Carrot Sticks w/ Low Fat Dressing Diced Peaches Fresh Apple
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7	Turkey Hot Dog on Bun Crispy Potato Puffs (w/ Roll) Baked Beans Diced Pear Cup Fresh Grapes
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8	Chicken Fajita Wrap Side Salad Grape Tomatoes Mixed Fruit Fresh Banana
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(Pizza Bites 2nd Meal Offered All Week)

11	Stuffed Bread Tomato Sauce Dip Steamed Peas Celery Mixed Fruit Fresh Apple
	(Cheese filled Bread)
	MEATLESS MONDAY

12	Chicken Cheese Quesadilla Sweet Corn Fresh Baby Carrots Diced Peaches Fresh Orange
	LUCKY TRY DAY!

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	Nachos Grande Steamed Broccoli Red Pepper Strips Mixed Fruit Fresh Apple
	(Turkey Taco)

(Mozzarella Sticks 2nd Meal Offered All Week)

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# Winter Recess

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

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

27	Baked Chicken Tenders Brown Rice Sweet Corn Fresh Baby Carrots Diced Peaches Fresh Pear
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28	Burger Oven Baked Fries Baked Beans Diced Peaches Fresh Grapes
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	(WG Roll)
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(Stuffed Bread 2nd Meal offered All Week)

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 (w here 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.  
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.