

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

March 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	Mozzarella Sticks French Bread Sweet Corn Celery Sticks Fresh Apple Diced Peaches (Cheese Filled Bread Sticks)
---	--

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

6	Baked Chicken Tenders Brown Rice Steamed Carrots Green Pepper Slices Fresh Pear Mixed Fruit
---	--

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

8	Chicken Fajita Wrap Side Salad Grape Tomatoes Mixed Fruit Fresh Banana
---	--

Have Some Celery and celebrate National Celery Month!

11	Pizza Bite & Mozzarella Stick Combo Crispy Potato Puffs Celery Sticks Mixed Fruit Fresh Apple
----	---

12	Meatball Dunkers French Bread Steamed Carrots Cucumber Coins Fresh Pear Diced Peaches (Chicken Meatballs)
----	---

13	Two Cheese Quesadilla Black Beans Fresh Baby Carrots Applesauce Strawberry Cup
----	--

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)
----	---

18	Stuffed Bread Sweet Corn Fresh Baby Carrots Fresh Apple Mixed Fruit
----	---

19	Egg and Cheese Sandwich Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Applesauce Fresh Pear David's Oatmeal Raisin Cookie Celebrate National Oatmeal Cookie Day. Cookie with Lunch Purchase)
----	--

20	Chicken Parmesan Sandwich Sweet Potato Fries Steamed Carrots Cucumber Coins Fresh Orange Diced Pear Cup (WG Roll)
----	---

21	Burger Oven Baked Fries Baked Beans Fresh Apple Diced Peaches (WG Roll)
----	--

22	Mission Burrito Fresh Baby Carrots Side Garden Salad Fresh Banana Mixed Fruit (Beef)
----	---

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
----	---

Celebrate National Nutrition Month with Fun activity Sheets!

27	Crispy Popcorn Chicken Brown Rice Sweet Corn Grape Tomatoes Fresh Pear Diced Peaches
----	---

28	Ham & Cheese Bagel Melt Oven Baked Fries Black Beans Fresh Banana Applesauce
----	--

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



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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 (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.