

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

April 2019

MEATLESS MONDAY


Monday

Tuesday

Wednesday

Thursday

Friday

1 Stuffed Bread 
Tomato Sauce Dip
Crispy Potato Puffs
Grape Tomatoes
Fresh Apple
Mixed Fruit

(Cheese Filled Bread Sticks)

MEATLESS MONDAY

2 Egg and Cheese Sandwich 
Sweet Potato Fries
Celery Sticks
Fresh Orange
Diced Pear Cup

BRUNCH FOR LUNCH TODAY!

3 Nachos Grande 
Black Beans
Sweet Corn
Diced Peaches
Fresh Pear

(Turkey Taco)


4 Crispy Popcorn Chicken
Brown Rice
Steamed Carrots
Cucumber Coins
Applesauce
Fresh Banana

EAT CARROTS!
INTERNATIONAL CARROT DAY

5 Chicken Fajita Wrap 
Steamed Broccoli
Fresh Baby Carrots
Fresh Apple
Mixed Fruit


8 Mozzarella Sticks 
French Bread
Tomato Sauce Dip
Sweet Corn
Celery Sticks
Fresh Apple
Diced Peaches

MEATLESS MONDAY

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

BRUNCH FOR LUNCH TODAY!

10 Turkey Hot Dog on Bun
Crispy Potato Puffs
Baked Beans
Fresh Pear
Mixed Fruit

11 Homemade Mac & Cheese 
Steamed Carrots
Green Pepper Slices
Fresh Grapes
Diced Peaches

12 Soft Tacos
Side Salad
Grape Tomatoes
Mixed Fruit
Fresh Banana

(Turkey Taco)

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

MEATLESS MONDAY

16 Homemade Pasta & Meatballs 
Steamed Carrots
Cucumber Coins
Fresh Pear
Diced Peaches

(Chicken Meatballs)

17 Chicken Cheese Quesadilla
Black Beans
Fresh Baby Carrots
Fresh Orange
Applesauce

LUCKY TACO DAY!

SCHOOL CLOSED TODAY

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22


23

24

25

26

SPRING RECESS

29 Stuffed Bread 
Tomato Sauce Dip
Crispy Potato Puffs
Cucumber Coins
Mixed Fruit
Fresh Apple

(Cheese Filled Bread Sticks)

MEATLESS MONDAY

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

BRUNCH FOR LUNCH TODAY!

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.



At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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.
Pizza: Cheese, Meat, Vegetable Topped and Daily Special Chicken Patty on W.G. Roll.

 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.