

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

June 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.



<p>3 Egg and Cheese Sandwich ✓ Crispy Potato Puffs Celery Sticks Fresh Apple Mixed Fruit</p> <p>Today is National Egg Day!</p>	<p>4 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> ✓ Tomato Sauce Dip Green Beans Grape Tomatoes Fresh Orange Mango Slices</p> <p>Today is National Cheese Day!</p>	<p>5 Baked Chicken Tenders Brown Rice Steamed Carrots Celery Sticks Applesauce Fresh Pear</p>	<p>6 Burger <i>burger on a freshly toasted bun</i> Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Oven Baked Fries Baked Beans Diced Pear Cup Fresh Banana</p>	<p>7 Soft Tacos Steamed Broccoli Fresh Baby Carrots Fresh Apple Mixed Fruit</p> <p>(Turkey Taco)</p>
<p>10 Mozzarella Sticks ✓ Tomato Sauce Dip French Bread Sweet Corn Celery Sticks Fresh Pear Diced Peaches</p>	<p>11 Fluffy Whole Grain Pancakes ✓ Turkey Sausage Patty Sweet Potato Fries Cucumber Coins Applesauce Fresh Orange</p> <p>BE LUNCH FOR LUNCH TODAY!</p>	<p>12 Crispy Popcorn Chicken Brown Rice Steamed Carrots Broccoli Bites Diced Peaches Fresh Apple</p>	<p>13 Turkey Hot Dog on Bun Baked Beans Homemade Deli Style Coleslaw Diced Pear Cup Fresh Strawberries</p>	<p>14 Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 🍌 Side Salad Grape Tomatoes Mixed Fruit Fresh Banana</p>
<p>17 Pizza Bites ✓ Green Beans Celery Sticks Mixed Fruit Fresh Apple</p>	<p>18 Two Cheese Quesadilla Steamed Carrots Cucumber Coins Diced Peaches Fresh Orange</p> <p>LUCKY TRAY DAY!</p>	<p>19 Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i> Sweet Corn Fresh Baby Carrots Applesauce Fresh Pear</p>	<p>20 Grilled Cheese Sandwich ✓ Oven Baked Fries Cinnamon & Honey Roasted Beans Fresh Banana Diced Pear Cup</p> <p>(Garbanzo Beans)</p>	<p>21 Bagel with String Cheese ✓ Fresh Baby Carrots Fresh Apple Apple 100% Juice</p> <p>1/2 Day Bag Lunch</p>
<p>24 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> ✓ Tomato Sauce Dip Crispy Potato Puffs Celery Sticks Applesauce Fresh Pear</p>	<p>25 Baked Chicken Tenders Brown Rice Steamed Broccoli Grape Tomatoes Applesauce Fresh Orange</p>	<p>26 Bagel with String Cheese ✓ Fresh Baby Carrots Fresh Apple Apple 100% Juice</p> <p>1/2 Day Bag Lunch</p>	<p>27 EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS. EARN WHILE YOUR CHILDREN LEARN. CALL 631-673-2107 FOR INFORMATION</p>	<p>28 The USDA & NYSED PARTNER IN MANY LOCAL COMMUNITIES TO SERVE MEALS WHEN SCHOOL IS NOT IN SESSION. WHERE AVAILABLE, FREE, HEALTHY MEALS ARE OFFERED TO ALL KIDS AND TEENS- 18 AND UNDER. CALL NYS 1-800-522-5006 TOLL FREE NUMBER TO FIND AN OPEN SITE</p>



Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.



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.
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.