

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

September 2018

MEATLESS MONDAY

Monday

Tuesday

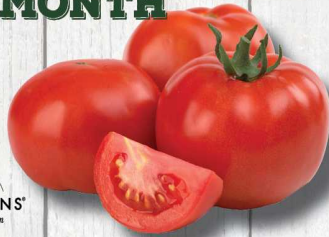
Wednesday




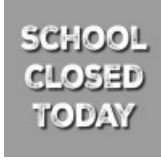

Thursday

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.



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| <p>3</p>  | <p>4</p>  | <p>5</p> <ul style="list-style-type: none"> Mozzarella Sticks Tomato Sauce Dip French Bread Steamed Broccoli Grape Tomatoes Sliced Pears Fresh Apple | <p>6</p> <ul style="list-style-type: none"> Nachos Grande Mild Salsa Black Beans Cucumber Coins Fresh Peach Applesauce <p>(Turkey Taco)</p> | <p>7</p> <ul style="list-style-type: none"> Chicken Cheese Quesadilla Side Salad Fresh Baby Carrots Mixed Fruit Fresh Apple |
| <p>10</p>  | <p>11</p>  | <p>12</p> <ul style="list-style-type: none"> Pizza Bites Celery & Carrot Sticks w/ Low Fat Dressing Steamed Carrots Sliced Peaches Fresh Apple | <p>13</p> <ul style="list-style-type: none"> Burger Cheeseburger Oven Baked Fries Baked Beans Applesauce Plums <p>(W.G. Roll)</p> | <p>14</p> <ul style="list-style-type: none"> Soft Tacos Steamed Broccoli Grape Tomatoes Sliced Peaches Fresh Pear <p>(Turkey Taco)</p> |
| <p>17</p> <ul style="list-style-type: none"> Fruity Peach & Granola Parfait Or Crispy Chicken Sandwich Crispy Potato Puffs Cucumber Coins Sliced Peaches Fresh Pear | <p>18</p> <ul style="list-style-type: none"> Whole Grain French Toast Slices Turkey Sausage Patty Glazed Carrots Celery Cinnamon Applesauce Fresh Banana <p>BRUNCH FOR LUNCH TODAY!</p> | <p>19</p>  | <p>20</p> <ul style="list-style-type: none"> Grilled Cheese Sandwich Oven Baked Fries Cinnamon & Honey Roasted Beans Diced Pear Cup Fresh Peach <p>LUCKY TRAY DAY!</p> | <p>21</p> <ul style="list-style-type: none"> Nachos Grande Side Garden Salad Fresh Baby Carrots Mixed Fruit Fresh Apple <p>(Turkey Taco)</p> |
| <p>24</p> <ul style="list-style-type: none"> Garden Salad with Cheese Entree Or Crispy Popcorn Chicken With Brown Rice Sweet Corn Fresh Baby Carrots Sliced Peaches Fresh Pear | <p>25</p> <ul style="list-style-type: none"> Egg and Cheese Sandwich Sweet Potato Fries Cucumber Coins Applesauce Fresh Banana <p>NATIONAL FOOD SERVICE WORKERS DAY</p> <p>BRUNCH FOR LUNCH TODAY!</p> | <p>26</p> <ul style="list-style-type: none"> Baked Chicken Tenders Whole Wheat Dinner Roll Steamed Carrots Celery Diced Pear Cup Fresh Apple | <p>27</p> <ul style="list-style-type: none"> Turkey Hot Dog on Bun Crispy Potato Puffs Baked Beans Diced Pear Cup Plums <p>(W.G. Roll)</p> <p>9/27 is Chocolate Milk Day. Celebrate by choosing milk with your lunch!</p> | <p>28</p> <ul style="list-style-type: none"> Chicken Fajita Wrap Steamed Broccoli Fresh Baby Carrots Pineapple Cup Fresh Apple |



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (all antibiotic and hormone free) DAILY VEGETABLE OFFERING; SIDE GREEN SALAD DAILY FRESH FRUIT. CONDIMENT AND L.F. DRESSINGS Lunch Price: \$2.65

Daily Offerings: Grab N Go Sandwiches - Peanut Butter and Jelly (where permitted), or Jelly w/ Cheese Sticks (2), 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 Roll. Yogurt Parfait with Low fat Vanilla ORGANIC Yogurt with Granola and Fruit or 4.oz Yogurt w/ W.G. Bagel and Cheese Stick Whole Grain Bagel with (2) Cheese Stick. W.W. Cheese, Vegetable and Meat Topped Pizza Breaded Chicken Patty on a W.G. Bun

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.