

Welcome to our Lunch Cafe at...

Uniondale California Avenue

September 2018

MEATLESS MONDAY

Monday

Tuesday

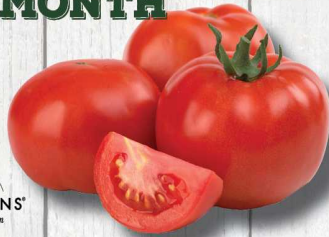
Wednesday

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.



<p>3</p>	<p>4</p> <p>Baked Pasta with Cheese <i>pasta topped with melted cheese, baked to perfection</i> 🍃🍌🍌 Or Chicken Corn Dog <i>juicy chicken hot dog surrounded with a corn dog crust</i> Or Salad Plate With Crispy Chicken 🍌 Steamed Italian Vegetables</p>	<p>5</p> <p>Whole Grain Fish Sticks <i>Or Baked Chicken Tenders</i> <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Or Garden Salad with Cheese Entree 🍃🍌 Baked Potato Wedges Steamed Dumplings 🍌 Fruity Peach & Granola Parfait 🍃🍌🍌</p>	<p>6</p> <p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese wrapped in a tortilla</i> 🍌 Or Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i> Or Garden Salad Entree 🍌 Fiesta Corn</p>	<p>7</p> <p>Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Or Jamaican Beef Patty <i>golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce</i> Or Tuna Salad Plate 🍌 Tomato Salad</p>
<p>10</p> <p>School Closed in observance of Rosh Hashanah</p>	<p>11</p> <p>School Closed in observance of Rosh Hashanah</p>	<p>12</p> <p>Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> 🍌 With Tomato Sauce Dip 🍌 Or Chicken Nuggets <i>crispy breaded chicken nuggets perfect for dipping in your favorite sauce</i> Or Greek Salad 🍌🍌</p>	<p>13</p> <p>Chicken Cheese Quesadilla <i>hand crafted grilled flour tortilla filled with juicy chicken and melty cheese</i> Or Barbecue Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i> Or Mexican Salad 🍌 Confetti Black Bean Salad</p>	<p>14</p> <p>Cheese Pizza 🍌🍌 Or Pepperoni & Cheese Melt <i>pepperoni and melted mozzarella on grilled bread</i> Or House Chop Salad with Ham & Dinner Rolls 🍌🍌 Confetti Garbanzo Bean Salad</p>
<p>17</p> <p>Whole Grain Pancakes with Sausage Or Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> 🍌 With Tomato Sauce Dip 🍌 Or Turkey Salad Plate with Dinner Rolls 🍌 Crispy Tator Tots BRUNCH FOR LUNCH TODAY!</p>	<p>18</p> <p>Sloppy Joe Nachos <i>tortilla chips topped with sloppy joe meat</i> 🍌 Or Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Or Tuna Salad Plate 🍌 Sweet Corn</p>	<p>19</p> <p>School Closed in observance of Yom Kippur</p>	<p>20</p> <p>BBQ Chicken Sandwich Or Jamaican Beef Patty Or Shake 'Em Up Salads <i>a delicious salad to go, made with lettuce, tomatoes, cucumbers, carrots, peas, corn, turkey and mozzarella cheese, served with dinner rolls</i> 🍌 Sweet Potato Fries</p>	<p>21</p> <p>Pizza Bites <i>bite size pizza pockets</i> 🍌 Or Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> 🍌 With Tomato Sauce Dip 🍌 Or Greek Salad 🍌🍌 Pinto Bean Salad</p>
<p>24</p> <p>Whole Grain French Toast 🍌 With Crispy Sausage Links Or Egg and Cheese Sandwich 🍌 Or Garden Salad with Cheese Entree 🍌🍌 Cinnamon & Honey Roasted Beans BRUNCH FOR LUNCH TODAY!</p>	<p>25</p> <p>Philly Cheese Steak 🍌 Or Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> 🍌 Or Caesar Salad 🍌🍌 Green Beans</p>	<p>26</p> <p>General Tso's Chicken <i>breaded chicken smothered in General Tso's sauce</i> With Vegetable Fried Rice Or Grilled Cheese Sandwich 🍌 Or House Chop Salad with Ham & Dinner Rolls 🍌🍌 Oriental Vegetable Blend</p>	<p>27</p> <p>Chicken Parmesan Over Pasta <i>oven baked chicken topped with sauce and melted cheese, all over pasta</i> 🍌 Or Jamaican Beef Patty Or Turkey Salad Plate with Dinner Rolls 🍌 Tomato Salad</p>	<p>28</p> <p>Classic Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> 🍌 Or Turkey Ranch Wrap <i>turkey breast with lettuce, tomato and ranch on a wrap</i> 🍌 Or Salad Plate With Crispy Chicken 🍌 Mixed Vegetables</p>



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.



Please contact the Food Service Director with any menu related questions at singhal@whitsons.com or call 516-560-8888

Menu subject to change without notice

OUR INTERACTIVE MENUS PROVIDE NUTRITION AND ALLERGEN INFORMATION. SIMPLY DOUBLE CLICK ON A DAY AND ITEM IN THE MENU TO GET THE DETAILED INFO. ALL MENUS MEET NSLP AND HHFKA AND STATE GUIDELINES

Lunch Includes:
Choice of Low Fat, 1% & Chocolate Milk
100% Juice
Vegetable, Fruit, Grain and Protein

🍃 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.