

Welcome to our Lunch Cafe @

Huntington High School

February 2017

Monday

Tuesday

Wednesday


Thursday


Friday

6 Barbecued Chicken or Meatloaf with Gravy
Mashed Potatoes
Steamed Green Beans
Mixed Fruit
Empire Apple

7 Rainbow Grilled Cheese or South of the Border Wrap
Baked Tater Tots
Tomato Soup
Applesauce
Banana



8 Mozzarella Sticks & Marinara Sauce 
with Whole Wheat Dinner Roll or Three Cheese Calzone 
Carroteenies
Steamed Broccoli
Diced Peaches
Fresh Apple

9 Chicken Parm Sandwich or Broccoli & Cheese Stromboli 
Garden Side Salad
Sriracha Garbonzo Beans
Diced Pears
Fresh Orange

10 Smokehouse Pulled Pork Sandwich
smokehouse pulled pork on a whole wheat kaiser roll with cole slaw 
or BBQ Chicken Pizza
Romaine Salad w/ Tomato
Mixed Vegetables
Mixed Fruit
Fresh Apple

13 Chicken Tenders or Chicken & Vegetable Dumplings
Brown Rice
Corn
Fresh Cucumber Salad
Mixed Fruit
Banana

14 Homemade Baked Ziti 
or Meatball Dunkers
Garlic Bread
Sweet Red Pepper Strips
Steamed Broccoli
Diced Peaches
Fresh Red Grapes 

15 Cheesy Stuffed Breadsticks with Marinara Sauce 
with Side of Pasta or Italian Stallion Panini 
Tomato Salad
Sautéed Spinach
Mixed Fruit
Pear

16 Burger Bar
all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun or Veggie Burger
Baked Tater Tots
Vegetarian Baked Beans
Diced Pears
Fresh Orange

17 Macaroni & Cheese or Chicken Fajita Stir Fry Over Pasta
Caesar Salad
Green Beans
Mixed Fruit
Fresh Apple

20 PRESIDENT'S DAY
SCHOOL CLOSED


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22 MID WINTER RECESS

23 SCHOOL CLOSED

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27 Chicken & Cheese Quesadilla or South of the Border Wrap
Brown Rice
Corn
Peach Cup
Fresh Apple

28 Roasted Cajun Turkey or Warm Pretzel with Cheese Sauce 
Celery Sticks w/ Ranch Dip
Cajun Maple Carrots
Mixed Fruit
Pear



Produce of the Month

Oranges

We proudly support clean, organic, local and sustainable agriculture.



Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We've partnered with Bongards, a farmer owned coop with over a century of cheese making expertise, to bring you exceptional cheeses.

Visit us at www.Whitsons.com or follow the QR code to the right to learn more about the food we serve.




Breakfast \$1.75 Reduced .25
Breakfast Includes:
Grain, Fruit / Juice, Milk
Cold Breakfast Daily:
Whole Grain Reduced Sugar Cereals
Whole Wheat Bagel with Butter
Hot Breakfast Daily:
Monday- Whole Grain French Toast
Tuesday - Whole Grain Pancakes
Wednesday - Turkey Sausage and Cheese on a Bagel
Thursday - Ham and Cheese Bagel Melt
Friday - Turkey Bacon, Egg, Cheese on Whole Wheat Bun

Lunch \$2.85 Reduced .25 Second Entrée \$2.85 MILK .50
100% Juice .45
Lunch Includes: Grain, Protein, Vegetable, Fruit/Juice, Milk choice (skim, 1%, or fat free chocolate)
Daily Menu Alternates:
Peanut Butter and Jelly on Whole Wheat Bread
Made to Order Deli Sandwiches or Salads: Turkey, Ham, Chicken Patty, Spicy Chicken Patty, American, Swiss & Mozzarella
Choice of Salad Bowl/Bread: WG Wrap, WG Roll, WW Bread
VEGGIE BURGER/Hamburger/Cheeseburger, Grilled Cheese or Chicken Patty on Whole Wheat Bun
Coyote Grill Sation: Choice of Taco, Wrap, nachos, or Rice topped with Beef, Chicken, Salsa, Cheese Sauce or Cheddar, Corn, Jalapenos, Sour Cream, Lettuce, Beans
Pizza Selection: Cheese, Meat or Vegetable

*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. USDA is an equal opportunity provider, employer, and lender. 673-2107