

Welcome to our Lunch Cafe @

Huntington High School

June 2017

Monday

Tuesday

Wednesday

Thursday

Friday



Produce of the Month

Tomatoes



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

5 Chicken Tenders with WW Dinner Roll or Veggie Burger Baked Tater Tots Fresh Cucumber Salad Corn Applesauce Banana	6 Brunch 4 Lunch: Bacon, Egg & Cheese Sandwich or South of the Border Wrap Baked Tater Tots Carrots Diced Pears Fresh Orange	7 Cheesy Stuffed Breadsticks with Marinara Sauce with Side of Pasta or Italian Stallion Panini Tomato Salad Steamed Green Beans Sliced Peaches Fresh Apple	8 Burger Bar <i>all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun</i> Oven Baked Fries Vegetarian Baked Beans Pear & Pineapple Cup Fresh Peach	9 Memphis Pulled Pork Sandwich a juicy pulled pork sandwich, topped with cole slaw, on a whole grain kaiser roll or Chicken & Cheese Stromboli Romaine & Cherry Tomato Salad Steamed Broccoli Sliced Peaches Fresh Apple
12 Oven Roasted Chicken or Chicken & Cheese Quesadilla Brown Rice Fresh Cucumber Salad Corn Peach Cup Fresh Apple	REGENTS EXAMS June 13-22 BREAKFAST AVAILABLE			
19	REGENTS EXAMS JUNE 13-22 BREAKFAST AVAILABLE			
26	HAVE A SAFE AND HAPPY SUMMER 😊 SEE YOU IN SEPTEMBER			
EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS. EARN WHILE YOUR CHILDREN LEARN. CALL 631-673-2107 FOR MORE INFORMATION				

Our menus are healthy, nutritious and flavorful, made from whole-some ingredients. This is why we've partnered with the Furmano family to bring your child great tasting tomato sauces that have been perfected for over four generations. Check us out at www.Whitsons.com or scan our QR code to see all that we are doing at your school to keep your child healthy!



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 Satiation: 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 on website. © Whitsons School Nutrition 673-2107