

# Welcome to our Lunch Cafe at...

# Huntington Primary

June 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH NATURAL INGREDIENTS
- PORK
- VEGAN

1 Classic Cheese Pizza  
Garden Salad  
Fresh Baby Carrots  
Sliced Peaches  
Fresh Apple

4 Stuffed Bread Sticks  
With Tomato Sauce Dip  
Sweet Corn  
Cucumber Coins  
Mixed Fruit  
Fresh Banana  
  
National Cheese day

5 Egg and Cheese Sandwich  
Crispy Tator Tots  
Fresh Baby Carrots  
Applesauce  
Fresh Pear  
  
BRUNCH FOR LUNCH TODAY!

6 Pasta & Meatballs  
With French Bread  
Steamed Carrots  
Celery  
Diced Pear Cup  
Fresh Green Grapes

7 Burger  
(Whole Grain Bun)  
Cheeseburger  
Oven Baked Fries  
Baked Beans  
Pear and Pineapple Cup  
Fresh Orange  
  
LUCKY TRAY DAY!

8 Classic Cheese Pizza  
Steamed Broccoli  
Grape Tomatoes  
Fresh Apple  
Diced Peach Cup

11 Mozzarella Sticks  
With Tomato Sauce Dip  
French Bread  
Crispy Tator Tots  
Cucumber Coins  
Mixed Fruit  
Fresh Banana

12 Whole Grain French Toast Slices  
Turkey Sausage Patty  
Glazed Carrots  
Celery  
Cinnamon Applesauce  
Fresh Orange  
  
BRUNCH FOR LUNCH TODAY!

13 Crispy Popcorn Chicken  
With Brown Rice  
Steamed Broccoli  
Red Pepper Strips  
Sliced Peaches  
Fresh Apple

14 Nachos Grande  
Baked Beans  
Sweet Corn  
Fresh Pear  
Mixed Fruit  
  
FLAG DAY  
  
(Turkey Taco)

15 Bagel with String Cheese  
Fresh Baby Carrots  
Applesauce  
Apple 100% Juice  
  
1/2 Day Bag Lunch

18 Grilled Cheese Sandwich  
Oven Baked Fries  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple  
Heidi invites you to try the Dairyland maze. free activity sheets @ Lunch today!

19 Fluffy Whole Grain Waffles  
Turkey Sausage Patty  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Orange  
  
BRUNCH FOR LUNCH TODAY!

20 Baked Chicken Tenders  
Whole Wheat Dinner Roll  
Celery  
Steamed Broccoli  
Sliced Peaches  
Fresh Pear

21 Classic Cheese Pizza  
Steamed Carrots  
Baked Beans  
Diced Pear Cup  
Fresh Apple

22 Bagel with String Cheese  
Fresh Baby Carrots  
Raisins  
Apple 100% Juice  
  
1/2 Day Bag Lunch

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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 NEAR YOU.

**EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS. EARN WHILE YOUR CHILDREN LEARN. CALL 631-673-2107 FOR INFORMATION**

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code for more information.



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. CONDIMENTS AND L.F. DRESSINGS Lunch Price: \$2.55

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. All Grains are Whole Grain Rich

\*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.