

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

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 Chicken Fajita Wrap 🌯
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 Grapes

6 Pasta & Meatballs 🌯 🌯
With French Bread
Steamed Carrots
Celery
Diced Pear Cup
Fresh Apple

7 (W.G. Roll) Or Cheeseburger
With Oven Baked Fries
Baked Beans
Pear and Pineapple Cup
Fresh Orange

8 Soft Tacos
Mild Salsa
Steamed Broccoli
Diced Peach Cup
Fresh Banana

(Turkey Taco)

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

12 Whole Grain French Toast Slices 🌿
Crispy Sausage Links 🌯
Glazed Carrots
Celery
Cinnamon Applesauce
Fresh Orange

(Chicken Sausage)

13 Crispy Popcorn Chicken
With French Bread
Steamed Broccoli
Red Pepper Strips
Sliced Peaches
Fresh Banana

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

15 Bagel with String Cheese

Fresh Baby Carrots
Applesauce
Apple 100% Juice

1/2 Day Bag Lunch (Excludes Washington)

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 🌿
Cucumber Coins
Crispy Sausage Links 🌯
Sweet Potato Fries
Applesauce
Fresh Orange

(Chicken Sausage)

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

21 Organic Veggie Burrito 🌿

Steamed Carrots
Baked Beans
Diced Pear Cup
Fresh Apple
(Burrito Contains cheese & Beans)

22 Bagel with String Cheese

Fresh Baby Carrots
Raisins
Apple 100% Juice

1/2 Day Bag Lunch (Excludes Washington)

25 The USDA & NYS DEPARTMENT OF EDUCATION 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.

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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 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

*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.