

# Welcome to our Lunch Cafe at...

Huntington Jack Abrams STEM

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mozzarella Sticks French Bread All With Tomato Sauce Dip Steamed Broccoli Celery Sticks Mixed Fruit Fresh Apple 	3 NY Beef Burger Or NY Beef Burger with Cheese Sweet Potato Fries Baked Beans Diced Pear Cup Fresh Orange  (Burger on WG Roll) 	4 Ham & Cheese Bagel Melt Crispy Potato Puffs Grape Tomatoes Diced Peaches Fresh Pear 	5 Crispy Popcorn Chicken Brown Rice Sweet Corn Cucumber Coins Applesauce Fresh Banana	6 Soft Tacos Side Salad Fresh Baby Carrots Fresh Apple Mixed Fruit  (Ground Turkey Meat)
9 Grilled Cheese Sandwich Crispy Potato Puffs Cucumber Coins Mixed Fruit Fresh Orange 	10 Belgium Waffle Bites Turkey Sausage Patty Sweet Potato Fries Celery Sticks Applesauce Fresh Grapefruit Syrup  <b>Try something new! Try Grapefruit and receive a sticker.</b>	11 Hot Open Turkey Sandwich with Gravy Fluffy Mashed Potatoes Steamed Carrots Diced Peaches Apple Cobbler Side  	12 Nachos Grande Black Beans Sweet Corn Applesauce Fresh Pear  (Ground Turkey Meat) 	13 Spicy Chicken Tenders Brown Rice Side Salad Grape Tomatoes Mixed Fruit Fresh Banana
16 Cheesy Stuffed Bread Sticks With Tomato Sauce Dip Steamed Broccoli Celery Sticks Mixed Fruit Fresh Orange 	17 Baked Chicken Tenders Brown Rice Steamed Carrots Cucumber Coins Diced Peaches Fresh Pear	18 Turkey Hot Dog on Bun Baked Beans Sweet Potato Fries Applesauce Fresh Orange  	19 Chicken Wings Whole Wheat Dinner Roll Sweet Corn Kidney Beans Diced Pear Cup Fresh Banana  (Boneless Chicken)	20 Smokehouse Pulled Pork Sandwich Baked Potato Wedges Homemade Deli Style Coleslaw Mixed Fruit Fresh Apple
23	24	25	26	27
30	31	<p>Whitson's proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p>		

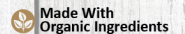
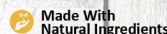
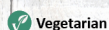


We recognize consumers are reducing their meat intake and instead embracing more plant-based foods for their positive impact on the planet and our health. In response, we are expanding our menu offerings to include more plant-based, vegan and meatless options.



ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (antibiotic and hormone free) DAILY VEGETABLE OFFERING; SIDE GREEN SALAD DAILY FRESH FRUIT, CONDIMENTS AND L.F.DRESSINGS

Lunch Price: \$2.65



\*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.

## Daily Offerings

- Grab N Go Sandwiches - Peanut Butter and Jelly (where permitted), or Jelly w/ Cheese Sticks (2), Sunbutter & jelly, American Cheese. All Sandwiches served on Whole Grain Breads. Ham (P) or Turkey w/ Cheese on Whole Grain Roll.
- Grab N Go Salads: Garden w/ Cheese, Chef, or Chicken Caesar all served w/ Whole Grain Rolls
- Yogurt Parfait - Low fat Vanilla ORGANIC Yogurt with Granola and Fruit. 4 oz
- Yogurt w/ W.G Bagel and Cheese Sticks Whole Grain Bagel with (2) Cheese Stick.
- Chicken Patty on W.G. Roll.
- Pizza: Cheese, or Vegetable, Meat topped and Daily Special Pizza. Items with a P contain pork. **We serve Whole Grain Rich Products**



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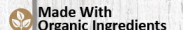
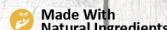
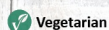


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