

Welcome to our Lunch Cafe at...

Huntington High School

December 2019

Monday

2 Guy's Fries
With Dinner Rolls
Or Homemade Chicken & Cheese Stromboli
Sweet Corn
Celery Sticks
Mixed Fruit
Fresh Apple



Tuesday

3 General Tso Chicken
Noodle Bowl
Or Balsamic Chicken
Panini
Steamed Carrots
Cucumber Coins
Diced Pear Cup
Fresh Orange



Wednesday

4 Pasta & Meat Sauce
Homemade Chicken & Spinach Calzone
Green Beans
Grape Tomatoes
Diced Peaches
Fresh Pear

Thursday

5 Pork Carnitas
Or Buffalo Chicken and Cheese Quesadilla
Salsa
Sweet Corn
Kidney Beans
Applesauce
Fresh Banana

Friday

6 Meatloaf with Gravy
Or Buffalo Chicken Wrap
Fluffy Mashed Potatoes
Steamed Broccoli
Fresh Apple
Mixed Fruit

9 Cheesy Stuffed Bread Sticks
With Tomato Sauce Dip
Or BBQ Chicken Wrap
Steamed Broccoli
Black Beans
Mixed Fruit
Fresh Orange



10 Barbecue Rib Sandwich
Or Grilled Turkey & Bacon Melt
Sweet Corn
Fresh Baby Carrots
Diced Pear Cup
Fresh Melon Cup (Beef Rib)

11 Roasted Turkey with Gravy
Corn Bread Stuffing
Or Buffalo Chicken Panini
Fluffy Mashed Potatoes
Steamed Carrots
Applesauce
Homemade Peach Cobbler

IT'S STUDENT APPRECIATION DAY

12 Crispy Popcorn Chicken
Or Ruby's Chicken Cordon Bleu
Baked Sweet Potato
Sriracha Garbanzo Beans
Diced Peaches
Fresh Pear

13 Chicken Parmesan Over Pasta
Or Chicken Fajita Wrap
Steamed Broccoli
Grape Tomatoes
Mixed Fruit
Fresh Banana

16 Mozzarella Sticks
Tomato Sauce Dip
All With French Bread
Or Chicken Cheese Quesadilla
Celery Sticks
Steamed Broccoli
Mixed Fruit
Fresh Orange

17 Belgium Waffle with Caramelized Apples
With Turkey Sausage Patty
Or Egg and Cheese Sandwich
Sweet Potato Fries
Cucumber Coins
Diced Peaches

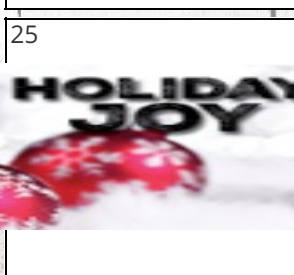
18 Seared Dumplings
Or Chicken & Vegetable Rice Bowl
Oriental Vegetable Blend
Grape Tomatoes
Applesauce
Fresh Orange

19 New Yorker Dog hot dog on a bun, topped with sauerkraut and onions
Or Ruby's Chicken Cordon Bleu
Sweet Potato Fries
Baked Beans
Diced Pear Cup
Fresh Banana

20 Smokehouse Pulled Pork Sandwich
Or Veggie Burger
Fresh Baby Carrots
Homemade Deli Style Coleslaw
Mixed Fruit
Fresh Apple

23 **FLAVES**
Featured Flaves is "Shanghai Noodle"

24



26

27

30 **SCHOOL CLOSED TODAY**

31 **SCHOOL CLOSED TODAY**

HARVES of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



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 Choice of:

- Low Fat, Fat Free, or Fat Free flavored Milk
- (Antibiotic and Hormone free)
- Fruit Choices
- W.G. Bread, Protein
- Vegetable Choices
- Side Green Salad
- Condiments and L.F. Dressings
- Lunch Prices: \$3.00

Daily Lunch Offerings -

- Great American:** Made to Order Sandwich/Salad: Ham (P), Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable toppings served in Salad Bowl or on W.G. Breads. Salads served with 2 W.G. Dinner rolls.
- Daily Ruby's Grill Choices:** Veggie Burger, Hamburger, Cheeseburger, Grilled Cheese, Chicken Patty all on W.G. Bread or Rolls.
- w/Potato Puffs Coyote Grill:** Tacos, Nachos, Burritos with toppings
- Pizza:** W.G. Cheese, Meat, Vegetable toppings and Daily Special. Yogurt Parfaits - made with ORGANIC Yogurt.
- Fruit & Granola W.G. Bagel w/2 String Cheese, Yogurt & Fruit Smoothie (served w/ 2 Dinner rolls) Smoothies @**
- High Only** Items with a P contain Pork. We serve whole grain rich products.



*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.

Welcome to our Lunch Cafe at...

Huntington Finley Middle School

December 2019

Monday

Tuesday

Wednesday

Thursday

Friday

2 Guy's Fries
With Dinner Rolls
Or Homemade Chicken
& Cheese Stromboli 🍷
Sweet Corn
Celery Sticks
Mixed Fruit
Fresh Apple



3 General Tso Chicken
Noodle Bowl 🍷
Or Balsamic Chicken
Panini 🍷
Steamed Carrots
Cucumber Coins
Diced Pear Cup
Fresh Orange



4 Pasta & Meat Sauce 🍷
Homemade Chicken &
Spinach Calzone 🍷
Green Beans
Grape Tomatoes
Diced Peaches
Fresh Pear

5 Pork Carnitas P 🍷
Or Buffalo Chicken and
Cheese Quesadilla
Salsa
Sweet Corn
Kidney Beans
Applesauce
Fresh Banana

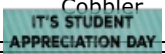
6 Meatloaf with Gravy 🍷
Or Buffalo Chicken
Wrap 🍷
Fluffy Mashed Potatoes
Steamed Broccoli
Fresh Apple
Mixed Fruit

9 Cheesy Stuffed Bread
Sticks 🍷
With Tomato Sauce Dip
Or BBQ Chicken Wrap
Steamed Broccoli
Black Beans
Mixed Fruit
Fresh Orange

10 Barbecue Rib
Sandwich
Or Grilled Turkey &
Bacon Melt
Sweet Corn
Fresh Baby Carrots
Diced Pear Cup
Fresh Melon Cup
(Beef Rib)



11 Roasted Turkey with
Gravy
Corn Bread Stuffing
Or Buffalo Chicken
Panini 🍷
Fluffy Mashed Potatoes
Steamed Carrots
Applesauce
Homemade Peach
Cobbler



12 Crispy Popcorn
Chicken
Or Ruby's Chicken Sandwich
Cordon Bleu P 🍷
Baked Sweet Potato
Sriracha Garbanzo
Beans
Diced Peaches
Fresh Pear

13 Chicken Parmesan
Over Pasta 🍷
Or Chicken Fajita Wrap
Steamed Broccoli
Grape Tomatoes
Mixed Fruit
Fresh Banana

16 Mozzarella Sticks 🍷
Tomato Sauce Dip
All With French Bread
Or Chicken Cheese
Quesadilla 🍷
Celery Sticks
Steamed Broccoli
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17 Belgium Waffle with
Caramelized Apples 🍷
With Turkey Sausage
Patty
Or Egg and Cheese
Sandwich 🍷
Sweet Potato Fries
Cucumber Coins
Diced Peaches

18 Seared Dumplings 🍷
Or Chicken & Vegetable
Rice Bowl 🍷
Oriental Vegetable
Blend
Grape Tomatoes
Applesauce
Fresh Orange

19 New Yorker Dog
*hot dog on a bun, topped with
sauerkraut and onions* 🍷
Or Ruby's Chicken
Cordon Bleu P 🍷
Sweet Potato Fries
Baked Beans
Diced Pear Cup
Fresh Banana

20 Smokehouse Pulled
Pork Sandwich P
Or Veggie Burger 🍷
Fresh Baby Carrots
Homemade Deli Style
Coleslaw
Mixed Fruit
Fresh Apple

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FLAVES
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"Shanghai Noodle"

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 - w/Potato Puffs Coyote Grill: Tacos, Nachos, Burritos with toppings
 - Pizza: W.G. Cheese, Meat, Vegetable toppings and Daily Special: Yogurt Parfaits - made with ORGANIC Yogurt,
 - Fruit & Granola W.G. Bagel w/2 String Cheese, Yogurt & Fruit Smoothie (served w/ 2 Dinner rolls) Smoothies
 - High Only Items with a P contain Pork. We serve whole grain rich products.

- Vegetarian
- Made With Natural Ingredients
- Pork
- Smart Choice
- Made With Organic Ingredients

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