

Welcome to our Lunch Cafe at...

Huntington High School

January 2020

Monday

HARVEST
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.

Tuesday



Wednesday



Thursday

Friday

6 Cheesy Stuffed Bread Sticks
With Marinara Sauce
Or Homemade Buffalo Chicken Stromboli
Sweet Corn
Celery Sticks
Black Bean Brownies
Applesauce
Fresh Orange

7 Buffalo Chicken Mac & Cheese
Or Ranch & Chicken Quesadilla
Steamed Carrots
Cucumber Coins
Diced Pear Cup
Fresh Apple

8 Club Griller
Or BBQ Chicken Wrap
Baked Potato Wedges
Fresh Baby Carrots
Diced Peaches
Fresh Grapes
(Griller contains- American & Swiss cheese, turkey bacon)

9 Crispy Popcorn Chicken
Or Ruby's Chicken Cordon Bleu
Fresh Apple
Mixed Vegetables
Sriracha Garbanzo Beans
Applesauce
Fresh Pear

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

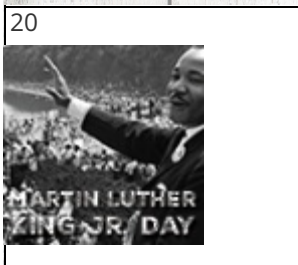
13 Toasty Garlic Mozzarella Sandwich with Tomato
Or Tuscany Griller
Baked Potato Wedges
Red Pepper Strips
Mixed Fruit
Fresh Apple

14 Fluffy Whole Grain Pancakes
Or Egg and Cheese Sandwich
Turkey Sausage Patty
Steamed Carrots
Cucumber Coins
Diced Peaches
Fresh Pear Syrup

15 Sweet and Sour Meatballs
Brown Rice Pilaf
Or Chicken Cheese Quesadilla
Green Beans
Celery Sticks
Diced Pear Cup
Fresh Apple
(Chicken Meatballs)

16 Turkey Hot Dog on Bun
Or Ruby's Chicken Cordon Bleu
Baked Beans
Homemade Deli Style Coleslaw
Diced Peaches
Fresh Pear

17 Steamed Dumplings
Or Homemade Chicken Parmesan Calzone
Steamed Broccoli
Fresh Baby Carrots
Mixed Fruit
Fresh Banana
(Chicken & Vegetable Dumpling)



21

22

23

24

REGENTS EXAMS

27 Mozzarella Sticks
Marinara Sauce
With Pasta with Sauce
Or South of the Border Wrap
Sweet Corn
Celery Sticks
Diced Pear Cup
Fresh Orange
David's Oatmeal Raisin Cookie

28 Chicken & Vegetable Rice Bowl
Or Grilled Turkey & Bacon Melt
Fresh Baby Carrots
Oriental Vegetable Blend
Mixed Fruit
Fresh Apple

29 Barbecue Rib Sandwich
Or Greek Chicken Flatbread
Grape Tomatoes
Baked Potato Wedges
Applesauce
Fresh Pear
(Beef Rib)

30 Homemade Pasta & Meatballs
Or Balsamic Chicken Panini
Steamed Broccoli
Red Beans
Diced Peaches
Fresh Banana
(Chicken Meatballs)

31 Famous Chili Cheese Fries
Dinner Rolls
Or Homemade Veggie & Cheese Stromboli
Cauliflower Popcorn
Grape Tomatoes
Mixed Fruit
Fresh Apple

Whitsons offers a variety of options for students with documented food allergies and special dietary needs. Our goal is to enable children with food allergies and sensitivities to be free to enjoy great tasting, safe and healthy foods in the school lunch-room. Visit www.whitsons.com or scan our QR code for more information.



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: , 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) @ High Only Items with a P contain pork.



V Vegetarian **MNI** Made With Natural Ingredients **P** Pork We serve all W.G. Smart Choice products except **MNI** Made With Organic Ingredients

*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.