

# Welcome to our Lunch Cafe at...

# Huntington Primary

# 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**



Safari visits 1/21- 1/24

**Thursday**

**Friday**

6 Mozzarella Sticks  
With Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Applesauce  
Fresh Orange

7 Belgium Waffle Bites  
Turkey Sausage Patty  
Steamed Carrots  
Cucumber Coins  
Diced Pear Cup  
Fresh Apple Syrup

8 Turkey Hot Dog on Bun  
Baked Beans  
Sweet Potato Fries  
Diced Peaches  
Fresh Grapes

9 NY Beef Burger  
NY Beef Burger with Cheese  
Crispy Potato Puffs  
Fresh Baby Carrots  
Applesauce  
Fresh Pear

10 Classic Cheese Pizza  
Or Pepperoni Pizza  
Side Salad  
Grape Tomatoes  
Mixed Fruit  
Fresh Banana

**MEATLESS MONDAY**



(Burger on WG Roll)

13 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Green Beans  
Celery Sticks  
Mixed Fruit  
Fresh Apple

14 Meatball Dunkers  
With French Bread  
And Marinara Sauce  
Steamed Carrots  
Cucumber Coins  
Diced Peaches  
Fresh Pear

15 Chicken Wings  
Brown Rice  
Sweet Corn  
Fresh Baby Carrots  
Diced Pear Cup  
Fresh Apple

16 Grilled Cheese Sandwich  
Baked Potato Wedges  
Kidney Beans  
Diced Peaches  
Fresh Pear

17 Classic Cheese Pizza  
Or Pepperoni Pizza  
Steamed Broccoli  
Red Pepper Strips  
Mixed Fruit  
Fresh Banana

**MEATLESS MONDAY**

(Chicken Meatballs)

(Boneless Breaded Wings)

**LUCKY TRAY DAY!**

20

MARTIN LUTHER KING JR. DAY

21 Whole Grain Pancakes  
with Sausage  
Sweet Potato Fries  
Cinnamon & Honey  
Roasted Beans  
Diced Peaches  
Fresh Pear Syrup

22 Hot Open Turkey  
Sandwich with Gravy  
Fluffy Mashed Potatoes  
Celery Sticks  
Applesauce  
Fresh Orange  
David's Oatmeal Raisin  
Cookie

23 Nachos Grande  
Kidney Beans  
Side Garden Salad  
Cucumber Coins  
Diced Peaches  
Fresh Banana

24 Classic Cheese Pizza  
Pepperoni Pizza  
Sweet Corn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple

(Garbanzo Beans)

(Wedges)  
IT'S STUDENT APPRECIATION DAY

(Ground Turkey Meat)

(Wedges)



27 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Diced Pear Cup  
Fresh Orange

28 Ham & Cheese Bagel Melt  
Sweet Potato Fries  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple

29 Baked Chicken Tenders  
Brown Rice  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Pear

30 Homemade Mac & Cheese  
Steamed Broccoli  
Grape Tomatoes  
Diced Peaches  
Fresh Banana

31 Classic Cheese Pizza  
Pepperoni Pizza  
Kidney Beans  
Sweet Corn  
Mixed Fruit  
Fresh Apple

**MEATLESS MONDAY**

(Wedges)

(Wedges)

(Wedges)



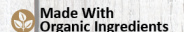
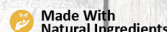
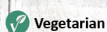
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ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (antibiotic and hormone free)  
DAILY VEGETABLE OFFERING; SIDE GREEN SALAD  
DAILY FRESH FRUIT. CONDIMENTS AND L.F.DRESSINGS  
Lunch Price: \$2.65

### 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



\*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 Flower Hill

**January**  
2020

**Monday**

**HARVEST**  
of the **MONTH**

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**Tuesday**



**Wednesday**



Safari visits 1/21- 1/24

**Thursday**

**Friday**

6 Mozzarella Sticks   
With Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Applesauce  
Fresh Orange  
  
(Wedges)

**MEATLESS MONDAY**

7 Belgium Waffle Bites  
Turkey Sausage Patty  
Steamed Carrots  
Cucumber Coins  
Diced Pear Cup  
Fresh Apple Syrup  
(Wedges)

8 Turkey Hot Dog on Bun  
Baked Beans  
Sweet Potato Fries  
Diced Peaches  
Fresh Grapes  
  
(Boneless Breaded Wings)

9 NY Beef Burger  
NY Beef Burger with Cheese  
Crispy Potato Puffs  
Fresh Baby Carrots  
Applesauce  
Fresh Pear  
  
(Burger on WG Roll)

10 Classic Cheese Pizza   
Or Pepperoni Pizza  
Side Salad  
Grape Tomatoes  
Mixed Fruit  
Fresh Banana

13 Cheesy Stuffed Bread Sticks   
Marinara Sauce  
Green Beans  
Celery Sticks  
Mixed Fruit  
Fresh Apple

**MEATLESS MONDAY**

14 Meatball Dunkers With French Bread And Marinara Sauce  
Steamed Carrots  
Cucumber Coins  
Diced Peaches  
Fresh Pear  
  
(Chicken Meatballs)

15 Chicken Wings  
Brown Rice  
Sweet Corn  
Fresh Baby Carrots  
Diced Pear Cup  
Fresh Apple  
(Wedges)

16 Grilled Cheese Sandwich   
Baked Potato Wedges  
Kidney Beans  
Diced Peaches  
Fresh Pear  
  
**LUCKY TRY DAY**

17 Classic Cheese Pizza   
Or Pepperoni Pizza  
Steamed Broccoli  
Red Pepper Strips  
Mixed Fruit  
Fresh Banana

20   
MARTIN LUTHER KING JR. DAY

21 Whole Grain Pancakes with Sausage  
Sweet Potato Fries  
Cinnamon & Honey  
Roasted Beans  
Diced Peaches  
Fresh Pear Syrup  
  
(Garbanzo Beans)

22 Hot Open Turkey Sandwich with Gravy  
Fluffy Mashed Potatoes  
Celery Sticks  
Applesauce  
Fresh Orange  
David's Oatmeal Raisin Cookie  
  
(Wedges)  
**IT'S STUDENT APPRECIATION DAY**

23 Nachos Grande  
Kidney Beans  
Side Garden Salad  
Cucumber Coins  
Diced Peaches  
Fresh Banana  
  
(Ground Turkey Meat)

24 Classic Cheese Pizza   
Pepperoni Pizza  
Sweet Corn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple  
  
(Wedges)

27 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Diced Pear Cup  
Fresh Orange  
  
(Wedges)

**MEATLESS MONDAY**

28 Ham & Cheese Bagel Melt   
Sweet Potato Fries  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple  
  
(Wedges)

29 Baked Chicken Tenders  
Brown Rice  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Pear

30 Homemade Mac & Cheese   
Steamed Broccoli  
Grape Tomatoes  
Diced Peaches  
Fresh Banana

31 Classic Cheese Pizza   
Pepperoni Pizza  
Kidney Beans  
Sweet Corn  
Mixed Fruit  
Fresh Apple  
  
(Wedges)



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DAILY VEGETABLE OFFERING; SIDE GREEN SALAD  
DAILY FRESH FRUIT. CONDIMENTS AND L.F.DRESSINGS  
Lunch Price: \$2.65

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

**Daily Offerings:**

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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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# Welcome to our Lunch Cafe at...

# Huntington Jefferson

# January 2020

## Monday

**HARVEST**  
of the **MONTH**



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## Tuesday



## Wednesday



Safari visits 1/21- 1/24

## Thursday

## Friday

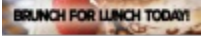
6 Mozzarella Sticks  
With Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Applesauce  
Fresh Orange

(Wedges)

MEATLESS MONDAY

7 Belgium Waffle Bites  
Turkey Sausage Patty  
Steamed Carrots  
Cucumber Coins  
Diced Pear Cup  
Fresh Apple Syrup

(Wedges)



8 Turkey Hot Dog on Bun  
Baked Beans  
Sweet Potato Fries  
Diced Peaches  
Fresh Grapes

9 NY Beef Burger  
NY Beef Burger with Cheese  
Crispy Potato Puffs  
Fresh Baby Carrots  
Applesauce  
Fresh Pear

(Burger on WG Roll)

10 Classic Cheese Pizza  
Or Pepperoni Pizza  
Steamed Broccoli  
Side Salad  
Grape Tomatoes  
Mixed Fruit  
Fresh Banana

13 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Green Beans  
Celery Sticks  
Mixed Fruit  
Fresh Apple

14 Meatball Dunkers  
With French Bread  
And Marinara Sauce  
Steamed Carrots  
Cucumber Coins  
Diced Peaches  
Fresh Pear

(Chicken Meatballs)

15 Chicken Wings  
Brown Rice  
Sweet Corn  
Fresh Baby Carrots  
Diced Pear Cup  
Fresh Apple

(Boneless Breaded Wings)

16 Grilled Cheese Sandwich  
Baked Potato Wedges  
Kidney Beans  
Diced Peaches  
Fresh Pear

LUCKY TRAY DAY

17 Classic Cheese Pizza  
Or Pepperoni Pizza  
Steamed Broccoli  
Red Pepper Strips  
Mixed Fruit  
Fresh Banana



20

21 Whole Grain Pancakes  
with Sausage  
Sweet Potato Fries  
Cinnamon & Honey  
Roasted Beans  
Diced Peaches  
Fresh Pear Syrup

(Garbanzo Beans)

HARVEST

22 Hot Open Turkey  
Sandwich with Gravy  
Fluffy Mashed Potatoes  
Celery Sticks  
Applesauce  
Fresh Orange  
David's Oatmeal Raisin  
Cookie

(Wedges)  
IT'S STUDENT APPRECIATION DAY

23 Nachos Grande  
Kidney Beans  
Side Garden Salad  
Cucumber Coins  
Diced Peaches  
Fresh Banana

(Ground Turkey Meat)

24 Classic Cheese Pizza  
Pepperoni Pizza  
Sweet Corn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple

(Wedges)



27 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Diced Pear Cup  
Fresh Orange

(Wedges)

MEATLESS MONDAY

28 Ham & Cheese Bagel Melt  
Sweet Potato Fries  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple

(Wedges)

29 Baked Chicken Tenders  
Brown Rice  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Pear

30 Homemade Mac & Cheese  
Steamed Broccoli  
Grape Tomatoes  
Diced Peaches  
Fresh Banana

31 Classic Cheese Pizza  
Pepperoni Pizza  
Kidney Beans  
Sweet Corn  
Mixed Fruit  
Fresh Apple

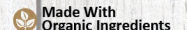
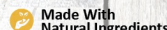
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DAILY VEGETABLE OFFERING; SIDE GREEN SALAD  
DAILY FRESH FRUIT. CONDIMENTS AND L.F.DRESSINGS  
Lunch Price: \$2.65



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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.  
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# Welcome to our Lunch Cafe at...

## Huntington Washington

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**Tuesday**



**Wednesday**



**Thursday**

**Friday**

6 Mozzarella Sticks ✓  
With Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Applesauce  
Fresh Orange

(Wedges)

7 Belgium Waffle Bites  
Turkey Sausage Patty  
Steamed Carrots  
Cucumber Coins  
Diced Pear Cup  
Fresh Apple  
Syrup

(Wedges)



8 Turkey Hot Dog on Bun  
Baked Beans  
Sweet Potato Fries  
Diced Peaches  
Fresh Grapes

Safari visits 1/21- 1/24

9 NY Beef Burger  
NY Beef Burger with  
Cheese  
Crispy Potato Puffs  
Fresh Baby Carrots  
Applesauce  
Fresh Pear

(Burger on WG Roll)

10 Classic Cheese Pizza ✓  
Or Pepperoni Pizza  
Steamed Broccoli  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple

13 Cheesy Stuffed Bread  
Sticks ✓  
Marinara Sauce  
Green Beans  
Celery Sticks  
Mixed Fruit  
Fresh Apple

14 Meatball Dunkers  
With French Bread  
And Marinara Sauce  
Steamed Carrots  
Cucumber Coins  
Diced Peaches  
Fresh Pear

(Chicken Meatballs)

15 Chicken Wings  
Brown Rice  
Sweet Corn  
Fresh Baby Carrots  
Diced Pear Cup  
Fresh Apple  
(Wedges)

(Boneless Breaded Wings)

16 Grilled Cheese  
Sandwich ✓  
Baked Potato Wedges  
Kidney Beans  
Diced Peaches  
Fresh Pear

LUCKY TRAY DAY

17 Classic Cheese Pizza ✓  
Or Pepperoni Pizza  
Steamed Broccoli  
Red Pepper Strips  
Mixed Fruit  
Fresh Banana



21 Whole Grain Pancakes  
with Sausage  
Sweet Potato Fries  
Fluffy Mashed Potatoes  
Celery Sticks  
Applesauce  
Fresh Orange  
David's Oatmeal Raisin  
Cookie

(Garbanzo Beans)

22 Hot Open Turkey  
Sandwich with Gravy  
Fluffy Mashed Potatoes  
Celery Sticks  
Applesauce  
Fresh Orange  
David's Oatmeal Raisin  
Cookie

(Wedges)  
IT'S STUDENT APPRECIATION DAY

23 Nachos Grande  
Kidney Beans  
Side Garden Salad  
Cucumber Coins  
Diced Peaches  
Fresh Banana

(Ground Turkey Meat)

24 Classic Cheese Pizza ✓  
Pepperoni Pizza  
Sweet Corn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple

(Wedges)



27 Cheesy Stuffed Bread  
Sticks  
Marinara Sauce  
Crispy Potato Puffs  
Celery Sticks  
Diced Pear Cup  
Fresh Orange

(Wedges)

28 Ham & Cheese Bagel  
Melt P  
Sweet Potato Fries  
Fresh Baby Carrots  
Mixed Fruit  
Fresh Apple

(Wedges)

29 Baked Chicken Tenders  
Brown Rice  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Fresh Pear

30 Homemade Mac &  
Cheese ✓  
Steamed Broccoli  
Grape Tomatoes  
Diced Peaches  
Fresh Banana

31 Classic Cheese Pizza ✓  
Pepperoni Pizza  
Kidney Beans  
Sweet Corn  
Mixed Fruit  
Fresh Apple

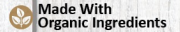
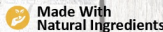
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