


Welcome to our Lunch Cafe at... **Huntington High School**

**March
2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Egg and Cheese Sandwich </p> <p>Or Monte Cristo Style Wrap </p> <p>Crispy Potato Puffs Grape Tomatoes Fresh Apple Mixed Fruit</p> <p>MEATLESS MONDAY FLAVES</p>	<p>3 Pepperoni Pizza Pops </p> <p>Or Buffalo Chicken Pizza Pops </p> <p>Steamed Carrots Celery Sticks Fresh Pear Diced Peaches</p>	<p>4 Homemade Chicken Empanadas </p> <p>Or Black Bean & Sweet Potato Burrito </p> <p>Sweet Potato Fries Fresh Baby Carrots Fresh Orange Applesauce</p>	<p>5 Mozzarella Sticks </p> <p>Marinara Sauce Or Italian Stallion Panini </p> <p>Caesar Salad Kidney Beans Fresh Banana Diced Pear Cup</p>	<p>6 Chicken Cheese Quesadilla Or Veggie Burger </p> <p>Cucumber Coins Steamed Broccoli Fresh Apple Mixed Fruit</p> <p>(Veggie Burger on WG Bun)</p>
<p>9 Cheesy Stuffed Bread Sticks </p> <p>Marinara Sauce Or Homemade Buffalo Chicken Stromboli Sweet Corn Celery Sticks Applesauce Fresh Orange</p> <p>MEATLESS MONDAY</p>	<p>10 Barbecue Rib Sandwich Or Ranch & Chicken Quesadilla Steamed Carrots Cucumber Coins Diced Pear Cup Fresh Apple</p>	<p>11 Club Griller </p> <p>Or BBQ Chicken Wrap </p> <p>Baked Potato Wedges Fresh Baby Carrots Diced Peaches Fresh Grapefruit (Griller contains- American & Swiss cheese, turkey bacon)</p> <p>FLAVES</p>	<p>12 Crispy Popcorn Chicken With Brown Rice Or Ruby's Chicken Cordon Bleu </p> <p>Mixed Vegetables Sriracha Garbanzo Beans Applesauce Fresh Pear</p>	<p>13 Chicken Parmesan Over Pasta </p> <p>Or Chicken Fajita Wrap </p> <p>Steamed Broccoli Grape Tomatoes Mixed Fruit Fresh Banana</p>
<p>16 Toasty Garlic Mozzarella Sandwich with Tomato </p> <p>Or Tuscany Griller </p> <p>Baked Potato Wedges Red Pepper Strips Mixed Fruit Fresh Apple</p> <p>MEATLESS MONDAY</p>	<p>17 Fluffy Whole Grain Pancakes </p> <p>Or Egg and Cheese Sandwich </p> <p>Turkey Sausage Patty Steamed Carrots Cucumber Coins Diced Peaches Fresh Pear</p> <p>ST PATRICK'S DAY BRUNCH FOR LUNCH TODAY</p>	<p>18 Sweet and Sour Meatballs Brown Rice Pilaf Or Chicken Cheese Quesadilla Green Beans Celery Sticks Diced Pear Cup Fresh Orange</p> <p>(Chicken Meatballs)</p>	<p>19 Turkey Hot Dog on Bun Or Orange Honey Chicken Wrap </p> <p>Baked Beans Homemade Deli Style Colelaw Diced Peaches Fresh Apple</p>	<p>20 Steamed Dumplings </p> <p>Or Homemade Chicken Parmesan Calzone </p> <p>Steamed Broccoli Fresh Baby Carrots Mixed Fruit Fresh Banana</p> <p>(Chicken & Vegetable Dumplings)</p>
<p>23 Homemade Mac & Cheese </p> <p>Or Buffalo Chicken Mac & Cheese </p> <p>Steamed Peas Fresh Baby Carrots Mixed Fruit Fresh Apple</p> <p>MEATLESS MONDAY</p>	<p>24 Baked Potato Bar Dinner Rolls Or Quesadilla Santa Fe </p> <p>Steamed Broccoli Fresh Cucumber Salad Diced Peaches Fresh Pear</p> <p>IT'S STUDENT APPRECIATION DAY</p>	<p>25 Belgium Waffle with Caramelized Apples </p> <p>Turkey Sausage Patty Or Margherita Flatbread Steamed Carrots Celery Sticks Applesauce Fresh Orange</p>	<p>26 General Tso's Chicken </p> <p>Brown Rice Pilaf Or Roma Pepperoni Griller Red Beans Oriental Vegetable Blend Diced Pear Cup Fresh Banana</p> <p>(Griller on WG Bread)</p>	<p>27 Grilled Turkey & Bacon Melt Or Chicken Parmesan Sandwich </p> <p>Side Garden Salad Grape Tomatoes Mixed Fruit Fresh Apple</p>
<p>30 Mozzarella Sticks </p> <p>Marinara Sauce Pasta with Sauce Or South of the Border Wrap </p> <p>Sweet Corn Celery Sticks Diced Pear Cup Fresh Orange</p> <p>MEATLESS MONDAY</p>	<p>31 Chicken & Vegetable Rice Bowl </p> <p>Or Grilled Turkey & Bacon Melt Fresh Baby Carrots Oriental Vegetable Blend Mixed Fruit Fresh Apple</p>	<p>HARVEST of the MONTH (Beef)</p> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> <p>WHITSONS School Nutrition</p> 		



Our marketing and communications programs encourage a healthy "Fooditude," that is, a healthy attitude about food. Through innovative menus and promotions, we strive to create a healthy fooditude that leaves students inspired to achieve all levels of success.



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
We serve all Whole grain rich products except pizza

Vegetarian Made With Natural Ingredients Pork Smart Choice 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.

Welcome to our Lunch Cafe at... **Huntington Finley Middle School**

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2020**

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2 Egg and Cheese Sandwich Or Monte Cristo Style Wrap Crispy Potato Puffs Grape Tomatoes Fresh Apple Mixed Fruit FLAVES	3 Pepperoni Pizza Pops Or Buffalo Chicken Pizza Pops Steamed Carrots Celery Sticks Fresh Pear Diced Peaches	4 Homemade Chicken Empanadas Or Black Bean & Sweet Potato Burrito Sweet Potato Fries Fresh Baby Carrots Fresh Orange Applesauce	5 Mozzarella Sticks Marinara Sauce Or Italian Stallion Panini Caesar Salad Kidney Beans Fresh Banana Diced Pear Cup	6 Chicken Cheese Quesadilla Or Veggie Burger Cucumber Coins Steamed Broccoli Fresh Apple Mixed Fruit (Veggie Burger on WG Bun)	
9 Cheesy Stuffed Bread Sticks Marinara Sauce Or Homemade Buffalo Chicken Stromboli Sweet Corn Celery Sticks Applesauce Fresh Orange 	10 Barbecue Rib Sandwich Or Ranch & Chicken Quesadilla Steamed Carrots Cucumber Coins Diced Pear Cup Fresh Apple	11 Club Griller Or BBQ Chicken Wrap Baked Potato Wedges Fresh Baby Carrots Diced Peaches Fresh Grapefruit (Griller contains- American & Swiss cheese, turkey bacon) FLAVES	12 Crispy Popcorn Chicken With Brown Rice Or Ruby's Chicken Cordon Bleu (on WG Roll) Mixed Vegetables Sriracha Garbanzo Beans Applesauce Fresh Pear	13 Chicken Parmesan Over Pasta Or Chicken Fajita Wrap Steamed Broccoli Grape Tomatoes Mixed Fruit Fresh Banana	
16 Toasty Garlic Mozzarella Sandwich with Tomato Or Tuscan Griller Baked Potato Wedges Red Pepper Strips Mixed Fruit Fresh Apple 	17 Fluffy Whole Grain Pancakes Or Egg and Cheese Sandwich Turkey Sausage Patty Steamed Carrots Cucumber Coins Diced Peaches Fresh Pear Syrup (Chicken Meatballs) ST PATRICK'S DAY BRUNCH FOR LUNCH TODAY	18 Sweet and Sour Meatballs Brown Rice Pilaf Or Chicken Cheese Quesadilla Green Beans Celery Sticks Diced Pear Cup Fresh Orange (Chicken Meatballs)	19 Turkey Hot Dog on Bun Or Orange Honey Chicken Wrap Baked Beans Homemade Deli Style Coleslaw Diced Peaches Fresh Apple	20 Steamed Dumplings Or Homemade Chicken Parmesan Calzone Steamed Broccoli Fresh Baby Carrots Mixed Fruit Fresh Banana (Chicken & Vegetable Dumplings)	
23 Homemade Mac & Cheese Or Buffalo Chicken Mac & Cheese Steamed Peas Fresh Baby Carrots Mixed Fruit Fresh Apple 	24 Baked Potato Bar Dinner Rolls Or Quesadilla Santa Fe Steamed Broccoli Fresh Cucumber Salad Diced Peaches Fresh Pear IT'S STUDENT APPRECIATION DAY	25 Belgium Waffle with Caramelized Apples Turkey Sausage Patty Or Margherita Flatbread Steamed Carrots Celery Sticks Applesauce Fresh Orange	26 General Tso's Chicken Brown Rice Pilaf Or Roma Pepperoni Griller Red Beans Oriental Vegetable Blend Diced Pear Cup Fresh Banana (Griller on WG Bread)	27 Grilled Turkey & Bacon Melt Or Chicken Parmesan Sandwich Side Garden Salad Grape Tomatoes Mixed Fruit Fresh Apple	
30 Mozzarella Sticks Marinara Sauce Pasta with Sauce Or South of the Border Wrap Sweet Corn Celery Sticks Diced Pear Cup Fresh Orange 	31 Chicken & Vegetable Rice Bowl Or Grilled Turkey & Bacon Melt Fresh Baby Carrots Oriental Vegetable Blend Mixed Fruit Fresh Apple	<div style="text-align: center;"> <p>HARVEST of the MONTH (Beef)</p> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div>			



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 - Fruit Choices
 - W.G. Bread, Protein
 - Vegetable Choices
 - Side Green Salad
 - Condiments and L.F. Dressings
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