



# Welcome to our Lunch Cafe

# Huntington High School

# June 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



### 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.

1 Herb Roasted Chicken  
Brown Rice Pilaf  
Sweet Potato Fries  
Grape Tomatoes  
Fresh Orange

2 Pasta with Meat Sauce  
Side Garden Salad  
Sriracha Garbanzo Beans  
Blueberries  
(Beef Meat Sauce)

3 Ruby's Chicken Cordon Bleu sandwich  
Sweet Corn  
Celery  
Fresh Pear

6 Toasty Garlic Mozzarella Sandwich with Tomato  
Cauliflower Popcorn  
Fresh Baby Carrots  
Fresh Orange

7 Meatball Hero  
Caesar Salad  
Celery Sticks  
Fresh Apple  
(Chicken Meatballs)

8 Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Oven Baked Fries  
Fresh Baby Carrots  
Fresh Strawberries

9 Homemade Mac & Cheese  
Buffalo Chicken Mac & Cheese  
Steamed Carrots  
Cucumber Coins  
Fresh Pear

10 Chicken Fajita Wrap  
Black Beans  
Grape Tomatoes  
Fresh Orange

13 **CHEF'S CHOICE**  
**All Entrees Include:**  
**Protein, Grain, Vegetable, Fruit, Milk**

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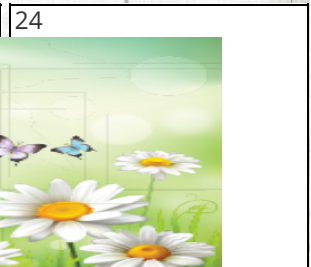
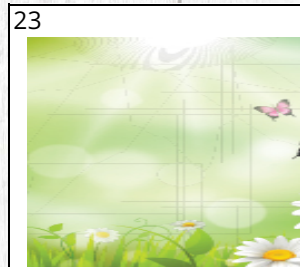
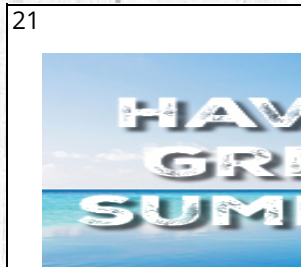
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Regents Exams 6/15 - 6/23

Bag Lunch Available 6/15 - 6/23

SCHOOL CLOSED TODAY

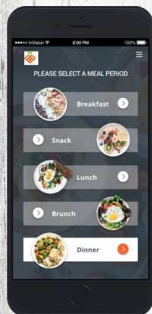


27 Visitsummermealsny.org to find summer meal distribution locations;  
Text "Food" or "Comida" to 304-304  
EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS.  
EARN WHILE YOUR CHILDREN LEARN. CALL 631-673-2107 FOR INFORMATION

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Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



All Meals served with Choice of:  
1% White, or Fat Free flavored Milk  
(Antibiotic and Hormone free)  
Fruit Choices, W.G. Bread, Protein  
Vegetable Choices  
Condiments and L.F. Dressings  
**FREE LUNCH FOR ALL STUDENTS**  
Adult \$5.02 Plus Tax



Daily Lunch Offerings -Great American: 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.  
Ruby's Grill Choices: Grilled Cheese, Chicken Patty or Burger on W.W. Bun  
Coyote Grill: Tacos, Nachos, Burritos  
Pizza: Cheese, Pepperoni (beef & pork), Daily Special  
Yogurt Parfaits- made with ORGANIC Yogurt, Fruit & Granola.  
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  
Available Daily- Apple Juice

\*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.