



Welcome to our Lunch Cafe

Huntington High School

October 2022



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday


Tuesday

Wednesday

Thursday

Friday

3 Chicken Cheese Quesadilla
Sweet Corn
Black Beans
Fresh Banana
Applesauce



4 Crispy Popcorn Chicken
Brown Rice
Steamed Broccoli
Celery
Plums
Diced Peaches


SCHOOL CLOSED TODAY

6 Meatloaf with Gravy 🍷
Dinner Rolls
Mashed Potatoes
Baby Carrots
Fresh Orange
Mixed Fruit
(Beef Meatloaf)

7 Chicken Fajita Wrap 🍷
Steamed Carrots
Cucumber Coins
Fresh Apple
Diced Pear Cup



10



COLUMBUS DAY

11 Meatball Hero 🍷🌱
Caesar Salad
Celery Sticks
Fresh Red Delicious Apple
Diced Peaches
(Chicken Meatballs)

12 Turkey Hot Dog on Bun
Baked Beans
Cucumber Coins
Plums
Applesauce

13 Peruvian Roasted Chicken 🍷
Brown Rice Pilaf
Steamed Carrots
Grape Tomatoes
Fresh Orange
Mixed Fruit


14 Chicken & Cheese Bowl 🍷
Dinner Rolls
Sweet Corn
Baby Carrots
Fresh Apple
Diced Pear Cup



17 Toasty Garlic Mozzarella Sandwich with Tomato 🌱🍷
Steamed Broccoli
Fresh Baby Carrots
Plums
Applesauce



18 Famous Chili Cheese Fries 🍷🌱
Dinner Rolls
Steamed Carrots
Side Garden Salad
Fresh Pear
Diced Peaches
(Beef & Bean Chili)



19 BBQ Chicken Sandwich
Sweet Potato Fries
Homemade Deli Style Coleslaw
Fresh Orange
Applesauce

20 Pasta with Meat Sauce 🍷🌱
Side Garden Salad
Cucumber Coins
Fresh Apple
WG Sugar Cookie
Mixed Fruit
(Beef Meat Sauce)

IT'S STUDENT APPRECIATION DAY

21 Yard Bird Classic Chicken Sandwich
Oven Baked Fries
Black Beans
Fresh Peach
Diced Pear Cup




24 Homemade Mac & Cheese 🌱🍷
Or Buffalo Chicken Mac & Cheese 🍷
Steamed Carrots
Celery Sticks
Fresh Banana
Applesauce



25 Ruby's Chicken Cordon Bleu
handcrafted sandwich with moist chicken breast, thinly sliced ham, cheese, and crisp lettuce between a soft bun P
Oven Baked Fries
Sriracha Garbanzo Beans
Plums



26 Belgian Waffle with Caramelized Apples 🌱
With Turkey Sausage Patty
Sweet Potato Fries
Baby Carrots
Applesauce
Fresh Pear



27 Sweet and Sour Meatballs
Brown Rice Pilaf
Steamed Broccoli
Grape Tomatoes
Fresh Orange
Mixed Fruit
(Chicken Meatballs)

28 Hot Open Turkey Sandwich with Gravy
Fluffy Mashed Potatoes
Green Beans
Fresh Apple
Diced Pear Cup



31 Homemade Three Cheese Stromboli 🌱🍷
Or Homemade Buffalo Chicken Stromboli 🍷
Sautéed Kale
Baby Carrots
Fresh Banana
Applesauce



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.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Paid Lunch \$3.25
Reduced Lunch \$0
Free Lunch \$0
Adult \$5.09 Plus Tax

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

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, Tacos, Burritos
Pizza: , Cheese, Pepperoni (beef & pork) and Daily Special
Yogurt Parfaits- made with ORGANIC Yogurt, Fruit & WG Granola.
Yogurt & Fruit Smoothie (served w/ 2 Dinner rolls) @
Items with a P contain pork

Available Daily- Apple Juice.

