



Welcome to our Lunch Cafe

Huntington Primary

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 Mozzarella Sticks

Marinara Sauce
Or Chicken Delight Wrap
Steamed Carrots
Cucumber Coins
Fresh Banana



4 Crispy Popcorn Chicken
With Brown Rice
Or Simply Boxed Yogurt Power Pack

Crispy Potato Puffs
Baked Beans
Plums

SCHOOL CLOSED TODAY

6 Homemade Pasta & Meatballs

Or Turkey & Cheese Sandwich
Steamed Broccoli
Celery Sticks
Mixed Fruit


(Chicken Meatballs)

7 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Green Beans
Carrot Sticks
Fresh Apple

10



COLUMBUS DAY

11 Chicken Sausage Pancake Bites
Or Simply Boxed Yogurt Power Pack

Sweet Potato Fries
Celery Sticks
Diced Pear Cup

12 Chicken Nuggets With Brown Rice
Or Simply Boxed Vegan Hummus Pack

Broccoli
Cucumber Coins
Plums

13 Cheeseburger
Or Turkey & Cheese Sandwich
Oven Baked Fries
Baked Beans
Fresh Orange

(Beef Burger)


14 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Steamed Broccoli
Baby Carrots
Fresh Apple

17 Grilled Cheese Sandwich

Or Chicken Delight Wrap
Steamed Broccoli
Fresh Baby Carrots
Diced Pear Cup



18 Turkey Hot Dog on Bun
Or Simply Boxed Yogurt Power Pack

Baked Beans
Cucumber Coins
Applesauce

19 Baked Chicken Tenders
With Whole Wheat Dinner Roll
Or Simply Boxed Vegan Hummus Pack

Steamed Carrots
Celery Sticks
Fresh Orange

20 Nachos Grande
Or Turkey & Cheese Sandwich
Sweet Corn
Black Beans
Fresh Apple

(Turkey Taco)


21 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Green Beans
Celery Sticks
Fresh Peach

24 French Bread Pizza

Or Chicken Delight Wrap
Steamed Broccoli
Celery Sticks
Fresh Banana



25 Whole Grain Waffles with Sausage
Or Simply Boxed Yogurt Power Pack

Sweet Potato Fries
Fresh Baby Carrots
Applesauce Syrup

(Turkey Sausage)

26 Homemade Mac & Cheese

Or Simply Boxed Vegan Hummus Pack

Steamed Carrots
Celery
Fresh Pear

27 Wing Shack Chicken Wings
With Whole Wheat Dinner Roll
Or Turkey & Cheese Sandwich
Oven Baked Fries
Cucumber Coins
Mixed Fruit

28 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Side Garden Salad
Cinnamon & Honey
Roasted Beans
Fresh Apple

BRUNCH FOR LUNCH TODAY!

31 Cheesy Stuffed Bread Sticks

Marinara Sauce
Or Chicken Delight Wrap
Sweet Corn
Celery Sticks
Fresh Banana



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.



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Paid Lunch \$2.90
Free Lunch \$0
Reduced Lunch \$0
ADULT LUNCH \$5.09 PLUS TAX

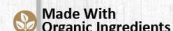
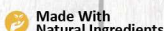
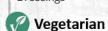
All Meals served with Choice of: 1% White, or Fat-Free flavored Milk(Antibiotic and Hormone free) Fruit(Choices, W.G. Bread, Protein/Vegetable Choices/Condiments and L.F. Dressings

Daily Offerings:

Yogurt w/Cheese Sandwich, Pepperoni (P) Pizza Pack, Chicken Caesar Salad w/dinner rolls, Bagel w/ 2 String Cheese,

MILK- 1% WHITE, FF CHOCOLATE, 100% APPLE JUICE
Items with a P contain pork.

We serve Whole Grain Rich Products





Welcome to our Lunch Cafe

Huntington Flower Hill

October 2022



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THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday

3 Mozzarella Sticks

Marinara Sauce
Or Chicken Delight Wrap

Steamed Carrots
Cucumber Coins
Fresh Banana

4 Crispy Popcorn Chicken
With Brown Rice
Or Simply Boxed Yogurt Power Pack

Crispy Potato Puffs
Baked Beans
Plums

SCHOOL CLOSED TODAY

6 Homemade Pasta & Meatballs

Or Turkey & Cheese Sandwich

Steamed Broccoli
Celery Sticks
Mixed Fruit

(Chicken Meatballs)

7 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Green Beans
Carrot Sticks
Fresh Apple

10

COLUMBUS DAY

11 Chicken Sausage Pancake Bites
Or Simply Boxed Yogurt Power Pack

Sweet Potato Fries
Celery Sticks
Diced Pear Cup

12 Chicken Nuggets With Brown Rice
Or Simply Boxed Vegan Hummus Pack

Broccoli
Cucumber Coins
Plums

13 Cheeseburger
Or Turkey & Cheese Sandwich

Oven Baked Fries
Baked Beans
Fresh Orange

(Beef Burger)

14 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Steamed Broccoli
Baby Carrots
Fresh Apple

17 Grilled Cheese Sandwich

Or Chicken Delight Wrap

Steamed Broccoli
Fresh Baby Carrots
Diced Pear Cup

18 Turkey Hot Dog on Bun
Or Simply Boxed Yogurt Power Pack

Baked Beans
Cucumber Coins
Applesauce

19 Baked Chicken Tenders
With Whole Wheat Dinner Roll
Or Simply Boxed Vegan Hummus Pack

Steamed Carrots
Celery Sticks
Fresh Orange

20 Nachos Grande
Or Turkey & Cheese Sandwich

Sweet Corn
Black Beans
Fresh Apple

(Turkey Taco)

21 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Green Beans
Celery Sticks
Fresh Peach

24 French Bread Pizza

Or Chicken Delight Wrap

Steamed Broccoli
Celery Sticks
Fresh Banana

25 Whole Grain Waffles with Sausage
Or Simply Boxed Yogurt Power Pack

Sweet Potato Fries
Fresh Baby Carrots
Applesauce Syrup

(Turkey Sausage)

26 Homemade Mac & Cheese

Or Simply Boxed Vegan Hummus Pack

Steamed Carrots
Celery
Fresh Pear

27 Wing Shack Chicken Wings
With Whole Wheat Dinner Roll
Or Turkey & Cheese Sandwich

Oven Baked Fries
Cucumber Coins
Mixed Fruit

28 Classic Cheese Pizza

Or Simply Boxed Belgian Waffle Bites

Side Garden Salad
Cinnamon & Honey
Roasted Beans
Fresh Apple

31 Cheesy Stuffed Bread Sticks

Marinara Sauce
Or Chicken Delight Wrap

Sweet Corn
Celery Sticks
Fresh Banana



HARVEST of the MONTH

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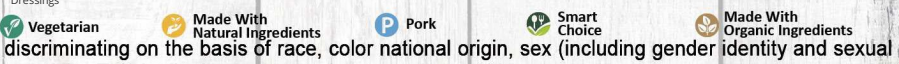
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Dressings

Daily Offerings:
Yogurt w/Cheese Sandwich,
Pepperoni (P) Pizza Pack, Chicken Caesar Salad w/dinner rolls, Bagel w/ 2 String Cheese,

MILK- 1% WHITE, FF CHOCOLATE, 100% APPLE JUICE
Items with a P contain pork.

We serve Whole Grain Rich Products





Welcome to our Lunch Cafe

Huntington Jefferson

October 2022



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Monday

Tuesday

Wednesday

Thursday

Friday

3 Mozzarella Sticks
 Marinara Sauce
 Or Chicken Delight Wrap
 Steamed Carrots
 Cucumber Coins
 Fresh Banana

4 Crispy Popcorn Chicken
 With Brown Rice
 Or Simply Boxed Yogurt Power Pack
 Crispy Potato Puffs
 Baked Beans
 Plums

SCHOOL CLOSED TODAY

6 Homemade Pasta & Meatballs
 Or Turkey & Cheese Sandwich
 Steamed Broccoli
 Celery Sticks
 Mixed Fruit
 (Chicken Meatballs)

7 Classic Cheese Pizza
 Or Simply Boxed Belgian Waffle Bites

 Green Beans
 Carrot Sticks
 Fresh Apple

10

COLUMBUS DAY

11 Chicken Sausage Pancake Bites
 Or Simply Boxed Yogurt Power Pack
 Sweet Potato Fries
 Celery Sticks
 Diced Pear Cup

12 Chicken Nuggets With Brown Rice
 Or Simply Boxed Vegan Hummus Pack
 Broccoli
 Cucumber Coins
 Plums

13 Cheeseburger Or Turkey & Cheese Sandwich
 Oven Baked Fries
 Baked Beans
 Fresh Orange
 (Beef Burger)

14 Classic Cheese Pizza
 Or Simply Boxed Belgian Waffle Bites

 Steamed Broccoli
 Baby Carrots
 Fresh Apple

17 Grilled Cheese Sandwich
 Or Chicken Delight Wrap
 Steamed Broccoli
 Fresh Baby Carrots
 Diced Pear Cup

18 Turkey Hot Dog on Bun
 Or Simply Boxed Yogurt Power Pack
 Baked Beans
 Cucumber Coins
 Applesauce

19 Baked Chicken Tenders
 With Whole Wheat Dinner Roll
 Or Simply Boxed Vegan Hummus Pack
 Steamed Carrots
 Celery Sticks
 Fresh Orange

20 Nachos Grande Or Turkey & Cheese Sandwich
 Sweet Corn
 Black Beans
 Fresh Apple
 (Turkey Taco)

21 Classic Cheese Pizza
 Or Simply Boxed Belgian Waffle Bites

 Green Beans
 Celery Sticks
 Fresh Peach

24 French Bread Pizza
 Or Chicken Delight Wrap
 Steamed Broccoli
 Celery Sticks
 Fresh Banana

25 Whole Grain Waffles with Sausage
 Or Simply Boxed Yogurt Power Pack
 Sweet Potato Fries
 Fresh Baby Carrots
 Applesauce Syrup
 (Turkey Sausage)

26 Homemade Mac & Cheese
 Or Simply Boxed Vegan Hummus Pack
 Steamed Carrots
 Celery
 Fresh Pear

27 Wing Shack Chicken Wings
 With Whole Wheat Dinner Roll
 Or Turkey & Cheese Sandwich
 Oven Baked Fries
 Cucumber Coins
 Mixed Fruit

28 Classic Cheese Pizza
 Or Simply Boxed Belgian Waffle Bites

 Side Garden Salad
 Cinnamon & Honey
 Roasted Beans
 Fresh Apple

31 Cheesy Stuffed Bread Sticks
 Marinara Sauce
 Or Chicken Delight Wrap
 Sweet Corn
 Celery Sticks
 Fresh Banana

BRUNCH FOR LUNCH TODAY!

HARVEST of the MONTH

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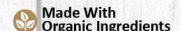
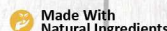
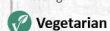
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 free) Fruit(Choices ,W.G. Bread,
 Protein/Vegetable ChoicesCondiments and L.F.
 Dressings



Daily Offerings:
 Yogurt w/Cheese Sandwich,
 Pepperoni (P) Pizza Pack, Chicken Caesar Salad
 w/dinner rolls, Bagel w/ 2 String Cheese,

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3 Mozzarella Sticks Marinara Sauce Or Chicken Delight Wrap Steamed Carrots Cucumber Coins Fresh Banana MEATLESS MONDAY	4 Crispy Popcorn Chicken With Brown Rice Or Simply Boxed Yogurt Power Pack Crispy Potato Puffs Baked Beans Plums	5 SCHOOL CLOSED TODAY	6 Homemade Pasta & Meatballs Or Turkey & Cheese Sandwich Steamed Broccoli Celery Sticks Mixed Fruit (Chicken Meatballs)	7 Classic Cheese Pizza Or Simply Boxed Belgian Waffle Bites Green Beans Carrot Sticks Fresh Apple
10 COLUMBUS DAY	11 Chicken Sausage Pancake Bites Or Simply Boxed Yogurt Power Pack Sweet Potato Fries Celery Sticks Diced Pear Cup	12 Chicken Nuggets With Brown Rice Or Simply Boxed Vegan Hummus Pack Broccoli Cucumber Coins Plums	13 Cheeseburger Or Turkey & Cheese Sandwich Oven Baked Fries Baked Beans Fresh Orange (Beef Burger)	14 Classic Cheese Pizza Or Simply Boxed Belgian Waffle Bites Steamed Broccoli Baby Carrots Fresh Apple
17 Grilled Cheese Sandwich Or Chicken Delight Wrap Steamed Broccoli Fresh Baby Carrots Diced Pear Cup MEATLESS MONDAY	18 Turkey Hot Dog on Bun Or Simply Boxed Yogurt Power Pack Baked Beans Cucumber Coins Applesauce	19 Baked Chicken Tenders With Whole Wheat Dinner Roll Or Simply Boxed Vegan Hummus Pack Steamed Carrots Celery Sticks Fresh Orange	20 Nachos Grande Or Turkey & Cheese Sandwich Sweet Corn Black Beans Fresh Apple (Turkey Taco)	21 Classic Cheese Pizza Or Simply Boxed Belgian Waffle Bites Green Beans Celery Sticks Fresh Peach
24 French Bread Pizza Or Chicken Delight Wrap Steamed Broccoli Celery Sticks Fresh Banana MEATLESS MONDAY	25 Whole Grain Waffles with Sausage Or Simply Boxed Yogurt Power Pack Sweet Potato Fries Fresh Baby Carrots Applesauce Syrup (Turkey Sausage)	26 Homemade Mac & Cheese Or Simply Boxed Vegan Hummus Pack Steamed Carrots Celery Fresh Pear	27 Wing Shack Chicken Wings With Whole Wheat Dinner Roll Or Turkey & Cheese Sandwich Oven Baked Fries Cucumber Coins Mixed Fruit	28 Classic Cheese Pizza Or Simply Boxed Belgian Waffle Bites Side Garden Salad Cinnamon & Honey Roasted Beans Fresh Apple

BRUNCH FOR LUNCH TODAY!

31 Cheesy Stuffed Bread Sticks
Marinara Sauce
Or Chicken Delight Wrap
Sweet Corn
Celery Sticks
Fresh Banana
MEATLESS MONDAY

HARVEST of the MONTH

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