



# Welcome to our Lunch Cafe

# PRE - K YMCA

# 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.

6 Grilled Cheese Sandwich

Or Cheese Sandwich

With NY Strawberry Banana Yogurt Cup  
Steamed Broccoli  
Celery  
Fresh Apple



7 Crispy Popcorn Chicken  
With Brown Rice  
Or Chicken Delight Wrap  
Oven Baked Fries  
Chickpea Salad  
Fresh Orange

1 Cheeseburger  
Or Simply Boxed Pepperoni Pizza Pack

Oven Baked Fries  
Grape Tomatoes  
Fresh Orange

(Beef Burger)  
(Pork & Beef Pepperoni)

2 Chicken Nuggets  
Whole Wheat Dinner Roll  
Or Chicken Caesar Salad

Baked Beans  
Side Garden Salad  
Fresh Apple

3 Classic Cheese Pizza

Or Bagel with String Cheese


Steamed Broccoli  
Fresh Baby Carrots  
Fresh Pear

13 French Bread Pizza

Or Cheese Sandwich

With NY Strawberry Banana Yogurt Cup  
Green Beans  
Baby Carrots  
Fresh Apple

(Cheese Pizza)




14 Chicken Parmesan Sandwich  
Or Chicken Delight Wrap  
Oven Baked Fries  
Celery Sticks  
Fresh Pear

8 Whole Grain Waffles with Sausage

Or Simply Boxed Pepperoni Pizza Pack

Sweet Potato Fries  
Fresh Baby Carrots  
Fresh Pear  
Syrup

(Pork & Beef Pepperoni)  
(Turkey Taco)



9 Turkey Hot Dog on Bun  
Or Chicken Caesar Salad


Baked Beans  
Cucumber Coins  
Fresh Strawberries

10 Classic Cheese Pizza

Or Bagel with String Cheese

Crispy Potato Puffs  
Grape Tomatoes  
Fresh Orange

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21 Baked Chicken Tenders  
Whole Wheat Dinner Roll  
Or Chicken Delight Wrap  
Oven Baked Fries  
Baked Beans  
Fresh Orange

22 Pasta with Meat Sauce

Or Simply Boxed Pepperoni Pizza Pack

Steamed Broccoli  
Fresh Baby Carrots  
Diced Pear Cup

(Pork & Beef Pepperoni)  
Beef Meat Sauce)

23 Cheese Sandwich


Celery  
Fresh Apple

1/2 Day Bag Lunch Available

24 Or Bagel with String Cheese

Fresh Baby Carrots  
Raisins

1/2 Day Bag Lunch Available



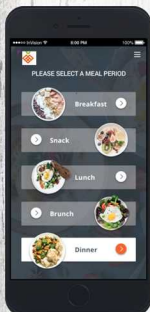
27 [Visitsummermealsny.org](http://Visitsummermealsny.org) to find summer meal distribution locations;  
Text " Food" or "Comida" to 304-304

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EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS. EARN WHILE YOUR CHILDREN LEARN. CALL 631-673-2107 FOR INFORMATION



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 MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (antibiotic and hormone free)  
DAILY FRESH FRUIT.  
CONDIMENTS AND L.F.DRESSINGS  
**FREE LUNCH FOR ALL STUDENTS**  
ADULT LUNCH \$5.02 PLUS TAX



**Daily Offerings:**  
MILK- 1% and Fat Free WHITE  
100% APPLE JUICE  
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.