

# Lunch Menu

## Huntington Jack Abrams STEM

January  
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

BELL DAY

IF YOU ARE AT THE  
REGISTER WHEN  
BELL/TIMER GOES  
OFF YOU WIN A  
POP BRACLET 1/22

(Seasoned Turkey Meat)

1



2 **EMPLOYMENT  
OPPORTUNITIES  
AVAILABLE IN SCHOOL  
KITCHENS.  
EARN WHILE YOUR  
CHILD LEARNS.  
CALL (631) 673-2107  
FOR INFORMATION**

5 Cheesy Stuffed Bread Sticks   
With Marinara Sauce Dip  
Or Crispy Popcorn Chicken French Bread  
Sweet Potato Fries  
Confetti Kidney Bean Salad Fresh Banana

6 Cheeseburger   
Or NY Beef Burger   
Apple Nut Butter Wrap   
Oven Baked Fries Celery Sticks Apple Slices

7 Nachos Grande   
tortilla chips topped with freshly prepared mexi style meat and cheese  
Or Hummus and Pretzel a soft organic whole wheat pretzel with hummus   
Buttered Corn Seasoned Black Beans Fresh Pear

8 Baked Chicken Tenders Brown Rice  
Or Strawberry Smoothie   
Pretzel Light Mozzarella Cheese Stick  
Roasted Broccoli Fresh Baby Carrots Fresh Orange

9 Honeyfire Kitchen Chicken Sandwich  
freshly prepared chicken drizzled with honey fire sauce  
Or Honey Mustard Chicken Wrap   
Glazed Carrots  
Roasted Kale  
kale seasoned and roasted until crisp  
Apple Slices

12 Mozzarella Sticks   
With Marinara Sauce Dip  
Or Crispy Popcorn Chicken French Bread  
Buttered Corn  
Mixed Kale Side Salad Fresh Banana

13 Cinnamon French Toast   
slices of French toast baked to perfection   
Or Apple Nut Butter Wrap   
Roasted Potatoes Cucumber Coins Blueberries Syrup   
(French Toast Sticks)

14 Macaroni and Cheese creamy dish consisting of macaroni pasta mixed with cheese  
With French Bread Or Hummus and Pretzel   
Roasted Broccoli Fresh Baby Carrots Apple Slices

15 Crispy Popcorn Chicken With Yellow Rice  
Or Fruity Granola Parfait   
Sautéed Zucchini Celery Sticks Fresh Orange

16 Spicy Chicken Sandwich  
Or Honey Mustard Chicken Wrap   
Sweet Potato Fries Cinnamon & Honey Roasted Beans Fresh Pear



19 Turkey Hot Dog on Bun  
Or Apple Nut Butter Wrap  
A soft tortilla filled with creamy sunflower butter and diced apples   
Oven Baked Fries Baked Beans Apple Slices Sugar Cookie

21 Dutch Waffles   
warm dutch waffles With Sausage Patty  
Or Hummus and Pretzel   
Sweet Potato Fries Celery Sticks Fresh Pear Syrup  
(Chicken Sausage)

22 Homemade Pasta & Meatballs   
Or Fruity Granola Parfait   
Steamed Broccoli Fresh Baby Carrots Strawberries  
(Beef Meatballs)

23 Tot Spot's Buffalo Chicken Tater Tots   
With Dinner Rolls Or Honey Mustard Chicken Wrap   
Spicy Honey Carrots Cucumber Coins Fresh Orange

26 Grilled Cheese Sandwich Meltdown Café   
Or Crispy Popcorn Chicken With Whole Grain Biscuit Glazed Carrots Celery Sticks Fresh Banana

27 Soft Tacos   
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell  
Or Apple Nut Butter Wrap   
Fiesta Corn Confetti Black Bean Salad Apple Slices (TURKEY TACO MEAT)

28 Chicken Nuggets With Brown Rice  
Or Hummus and Pretzel   
Crispy Potato Puffs Fresh Baby Carrots Fresh Pear

29 Mozzarella Sticks   
With Marinara Sauce Dip Or Chunky Monkey Smoothie   
Light Mozzarella Cheese Stick Pretzel  
Roasted Butternut Squash with Brown Sugar & Honey Cucumber Coins Fresh Orange

30 Chicken & Cheese Bowl   
popcorn chicken layered with mashed potatoes and corn, covered in cheese   
With French Bread Or Honey Mustard Chicken Wrap   
Cajun Roasted Broccoli Green Pepper Slices Apple Slices

View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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. If you have a food allergy, or intolerance, please notify us.

\*\*\*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.

Free Lunch for all  
students

SMART SNACKS  
AVAILABLE FOR  
PURCHASE

ADULT LUNCH \$5.20  
PLUS TAX



Vegetarian

Made With  
Natural Ingredients

Pork

Smart  
Choice

Made With  
Organic Ingredients

Available Daily

Pepperoni (P) Pizza Pack, Chicken Caesar Salad w/dinner rolls, Bagel w/ 2 String Cheese, Yogurt w/cheese sandwich, Sunbutter & Jelly Sandwiches

Cheese and Pepperoni (P) Pizza

MILK- 1% WHITE, FF CHOCOLATE, 100% JUICE

Items with a P contain pork. We serve Whole Grain Rich Products

ALL MEALS SERVED WITH DAILY FRESH FRUITS (PEARS, APPLES, ORANGES)

FRESH VEGETABLES STICKS

CONDIMENT AND L.F.DRESSING

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# Huntington Woodhull Intermediate

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6 Cheeseburger Or NY Beef Burger Apple Nut Butter Wrap Oven Baked Fries Celery Sticks Apple Slices

7 Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese Or Hummus and Pretzel a soft organic whole wheat pretzel with hummus Buttered Corn Seasoned Black Beans Fresh Pear

1



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12 Mozzarella Sticks With Marinara Sauce Dip Or Crispy Popcorn Chicken With French Bread Buttered Corn Mixed Kale Side Salad Fresh Banana

13 Cinnamon French Toast slices of French toast baked to perfection Or Apple Nut Butter Wrap Roasted Potatoes Cucumber Coins Blueberries Syrup HARVEST of the month potatoes (French Toast Sticks)

14 Macaroni and Cheese creamy dish consisting of macaroni pasta mixed with cheese With French Bread Or Hummus and Pretzel Roasted Broccoli Fresh Baby Carrots Apple Slices

15 Crispy Popcorn Chicken With Yellow Rice Or Fruity Granola Parfait Sautéed Zucchini Celery Sticks Fresh Orange

16 Spicy Chicken Sandwich Or Honey Mustard Chicken Wrap Sweet Potato Fries Cinnamon & Honey Roasted Beans Fresh Pear



19 20 Turkey Hot Dog on Bun Or Apple Nut Butter Wrap A soft tortilla filled with creamy sunflower butter and diced apples Oven Baked Fries Baked Beans Apple Slices Sugar Cookie

21 Dutch Waffles warm dutch waffles With Sausage Patty Or Hummus and Pretzel Sweet Potato Fries Celery Sticks Fresh Pear Syrup (Chicken Sausage)

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CONDIMENT AND L.F.DRESSING

Smart Choice

Made With Organic Ingredients

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