

Welcome to our Lunch Cafe @

Huntington Primary School

March 2017

Monday

Tuesday

Wednesday

Thursday

Friday



Produce of the Month
Spinach



We proudly support clean, organic, local and sustainable agriculture.

6 Popcorn Chicken
WW Dinner Roll
Corn
Cucumber Coins
Mixed Fruit
Fresh Apple

7 French Toast with Syrup ✓
Pork Sausage Patty
Glazed Carrots
Green Bean Salad
Cinnamon Applesauce
Banana

8 Cheesy Stuffed Breadsticks with Marinara Sauce ✓
Garlic Bread
Italian Cherry Tomato Salad
Steamed Spinach
Peach Cup
Pear

9 Grilled Cheese Sandwich ✓
Oven Baked Fries
Confetti Bean Salad
Peach Cup
Fresh Apple

3 Cheese Pizza ✓
Spinach & Tomato Salad
Mixed Vegetables
Diced Pears
Fresh Orange

NATIONAL SCHOOL BREAKFAST WEEK - TRY A NEW ITEM - HARD BOILED EGG WITH A BAGEL

National School Breakfast Week

13 Crispy Chicken Sandwich
Corn
Cucumber Coins
Mixed Fruit
Banana

14 Cheeseburger*
Oven Baked Fries
Carrots
Peach Cup
Banana

15 Mozzarella Sticks & Marinara Sauce ✓
Whole Grain Pretzel Sticks
Steamed Green Beans
Sweet Red Pepper Strips
Applesauce
Fresh Orange

16 Pasta with Beef Meatballs*
Mixed Vegetables
Garbanzo Bean & Spinach Salad
Diced Pears
Fresh Apple

17 Cheese Pizza ✓
Caesar Side Salad
Steamed Broccoli
Mixed Fruit
Fresh Green Grapes

20 Baked Chicken Nuggets
Whole Grain Pretzel Sticks
Corn
Green Bean Salad
Diced Peaches
Fresh Apple

21 Chicken & Cheese Quesadilla
Salsa
Tomato Salad
Carroteenies
Mixed Fruit
Pear

22 Cheesy Stuffed Breadsticks with Marinara Sauce ✓
Whole Grain Pretzel Sticks
Carroteenies
Mixed Vegetables
Diced Pears
Banana

23 Roast Turkey Breast with Gravy
WW Dinner Roll
Mashed Potatoes
Garbanzo Bean & Spinach Salad
Peach Cup
Fresh Apple

24 Cheese Pizza ✓
Romaine & Cherry Tomato Salad
Steamed Broccoli
Mixed Fruit
Fresh Orange

27 Chicken Tenders
Brown Rice
Corn
Green Bean Salad
Diced Peaches
Banana

28 Turkey Sausage, Egg and Cheese on a Bagel
Baked Tater Tots
Carroteenies
Cucumber Coins
Mixed Fruit
Fresh Apple

29 Mozzarella Sticks & Marinara Sauce ✓
Whole Grain Pretzel Sticks
Sweet Red Pepper Strips
Mixed Vegetables
Peach Cup
Fresh Red Grapes

30 Hot Dog
Baked Tater Tots
Vegetarian Baked Beans
Applesauce
Fresh Orange

31 Cheese Pizza ✓
Steamed Broccoli
Spinach & Tomato Salad
Diced Pears
Pear

We purchase locally harvested produce whenever it's seasonally available, but we also take special care to make sure the rest of our produce is flash frozen within hours of harvesting. Flash freezing seals the vitamins and nutrients in, so our produce is loaded with nutritional

goodness. Our partners at Endico use mobile facilities that flash freeze produce right on the farm. Follow our QR code to learn more.



Breakfast \$1.75 Reduced .25

Breakfast Includes

Grain, Fruit/Juice and Milk Choice

Cold Breakfast Daily

Whole Grain Reduced Sugar Cereal with Graham Crackers

Yogurt with Graham Crackers

Whole Wheat Bagel with Butter

Hot Breakfast Daily

Monday Whole Grain French Toast

Tuesday Whole Grain Pancakes

Wednesday Whole Grain Waffles

Thursday Warm Whole Grain Donut

Friday Egg and Chees on a Whole Wheat Bun

National School Breakfast Week

Hard Boiled Egg with a Bagel

Lunch \$2.50 Reduced .25 Second Entree \$2.50

Milk .50 100% Juice .45

Lunch Includes: Grain, Protein, Fresh Fruit/Juice,

Vegetable and Low Fat or Fat Free Milk Choice

Daily Menu Alternates:

Peanut Butter and Jelly (where permitted) or Jelly

Sandwich on Whole Wheat Bread with Cheese Stick

American Cheese Sandwich on Whole Wheat Bread

4oz Yogurt with Bagel and One Cheese Stick

Whole Wheat Bagel with Two Cheese Sticks

Garden Salad with Cheese/Chef Salad/ Chicken

Caesar Salad

All Salads Served with Dinner Rolls

Sensible Snack Available Contain:

Fat 7g or less, Sat Fat 2g or less, Sodium 360mg or

less, Sugar 15g or less

If you have any questions please call 631-673-2107

*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. USDA is an equal opportunity provider, employer, and lender.