

# Welcome to our Lunch Cafe @

Huntington Woodhull Intermediate

March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
MONTH



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

5 Baked Chicken Tenders  
Whole Wheat Dinner Roll  
Sweet Corn  
Celery  
Mixed Fruit  
Fresh Grapes  
  
National School Breakfast Week  
Get your Emoji Code Breaker Coloring Sheet

6 Fluffy Waffles  
Turkey Sausage Patty  
Glazed Carrots  
Cucumber Coins  
Cinnamon Applesauce  
Fresh Orange

7  
  
SNOW DAY

8 Cheeseburger  
Crispy Tator Tots  
Baked Beans  
Mixed Fruit  
Fresh Pear  
  
National Celery Month: Monday try celery stick with dip  
National Sauce Month: Wednesday try tomato sauce

9 Pizza Bagel  
Or Meatball Pizza  
Side Salad  
Steamed Broccoli  
Pear and Pineapple Cup  
Fresh Orange  
  
National Meatball Day

12 Crispy Popcorn Chicken  
Brown Rice  
Sweet Corn  
Celery  
Mixed Fruit  
Fresh Apple

13 Egg and Cheese Sandwich  
Turkey Sausage Patty  
Baby Carrots  
Green Beans  
Sliced Peaches  
Fresh Orange  
  
BRUNCH FOR LUNCH TODAY!

14 Mozzarella Sticks  
Tomato Sauce  
Pretzel  
Red Pepper Strips  
Mixed Vegetables  
Applesauce  
Fresh Grapes  
  
Luck Tray Day: win a smart snack or cookie if your tray has a lucky

15 Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese sauce*  
Brown Rice  
Black Beans  
Mild Salsa  
Diced Pear Cup  
Fresh Apple

16 Meatball Stromboli  
Steamed Broccoli  
Side Salad  
Pear and Pineapple Cup  
Fresh Pear

19 Baked Chicken Tenders  
Whole Wheat Dinner Roll  
Sweet Corn  
Celery  
Diced Pear Cup  
Fresh Apple

20 WG French Toast Slices  
Turkey Sausage Patty  
Steamed Carrots  
Cucumber Coins  
Mixed Fruit  
Fresh Orange

21 Stuffed Bread Sticks  
*baked bread sticks filled with melted cheese*  
Tomato Sauce  
Red Pepper Strips  
Cauliflower Popcorn  
Applesauce  
Fresh Pear

22 Pasta & Meatballs  
*freshly baked meatballs with tomato sauce over pasta*  
Bean Salad  
Green Beans  
Sliced Peaches  
Fresh Grapes

23 Pizza Bagel  
Side Salad  
Steamed Broccoli  
Pear and Pineapple Cup  
Fresh Apple  
  
IT'S STUDENT APPRECIATION DAY  
  
Get your **Focus on Fruit** word search sheet

26 Crispy Popcorn Chicken  
Brown Rice  
Sweet Corn  
Celery  
Diced Pear Cup  
Fresh Apple

27 Egg and Cheese Sandwich  
Turkey Sausage Patty  
Baby Carrots  
Cucumber Coins  
Fresh Pear  
Strawberry Cup

28 Meatball Dunkers  
Tomato Sauce  
Garlic Bread  
Red Pepper Strips  
Steamed Broccoli  
Diced Peaches  
Fresh Orange

29 Pizza Bites  
Bean Salad  
Steamed Broccoli  
Mixed Fruit  
Fresh Apple

30  
  
Spring Recess  
School Closed  
Good Friday  
  
School back in session April 6th

## SIMPLY ROOTED™ in food and family

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because we are Simply Rooted™ in food and family



and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Daily Offerings: Grab N Go Sandwiches - Peanut Butter and Jelly (where permitted), or Jelly w/ Cheese Sticks (2), American Cheese. All Sandwiches served on Whole Grain Breads. Ham or Turkey w/ Cheese on Whole Grain Roll.  
Grab N Go Salads: Garden w/ Cheese, Chef, or Chicken Caesar all served w/ Whole Grain Roll.  
Yogurt Parfait w/ Low fat Vanilla ORGANIC Yogurt with Granola and Fruit or 4oz Yogurt w/ WG Bagel and Cheese Stick  
Whole Grain Bagel with (2) Cheese Sticks.

ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (all antibiotic and hormone free)  
DAILY VEGETABLE OFFERING; SIDE GREEN SALAD

Lunch Price: \$2.55

VEGETARIAN MADE WITH ALL NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS

\*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.