

Welcome to our Lunch Cafe at...

Huntington Woodhull Intermediate

May 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



1 Fluffy Waffles Turkey Sausage Patty Crispy Tator Tots Fresh Baby Carrots Pear and Pineapple Cup Fresh Banana

2 Mozzarella Sticks With Tomato Sauce Dip French Bread Steamed Broccoli Grape Tomatoes Sliced Pears Fresh Apple

3 Nachos Grande Mild Salsa Black Beans Cucumber Coins Fresh Orange Sliced Peaches

(Turkey Taco)

4 Pizza Bagel Garden Salad Fresh Baby Carrots Fresh Apple Mixed Fruit

7 Crispy Popcorn Chicken Whole Wheat Dinner Roll Sweet Corn Cucumber Coins Mixed Fruit Fresh Pear

8 Egg and Cheese Sandwich Crispy Tator Tots Fresh Baby Carrots Applesauce Fresh Grapes

9 Pizza Bites Celery & Carrot Sticks w/ Low Fat Dressing Steamed Carrots Sliced Peaches Fresh Apple

10 Burger Or Cheeseburger Oven Baked Fries Baked Beans Pear and Pineapple Cup Fresh Orange

11 Soft Tacos Brown Rice Sweet Corn Mild Salsa Diced Pear Cup Fresh Banana

(Turkey Taco)

14 Crispy Chicken Sandwich Crispy Tator Tots Cucumber Coins Sliced Peaches Fresh Pear

15 French Toast Slices Turkey Sausage Patty Glazed Carrots Celery Cinnamon Applesauce Fresh Orange

16 Stuffed Bread Sticks Tomato Sauce Dip Steamed Broccoli Red Pepper Strips Pear and Pineapple Cup Fresh Banana

17 Grilled Cheese Sandwich Oven Baked Fries Cinnamon & Honey Roasted Beans Diced Pear Cup Fresh Orange Try something new! Cinnamon & Honey Roasted Garbanzo Beans

18 Chicken Fajita Wrap Sweet Corn Side Salad Mixed Fruit Fresh Apple

21 Crispy Popcorn Chicken With Brown Rice Sweet Corn Fresh Baby Carrots Sliced Peaches Fresh Pear

22 Fluffy Waffles Turkey Sausage Patty Sweet Potato Fries Cucumber Coins Applesauce Fresh Banana

23 Baked Chicken Tenders Whole Wheat Dinner Roll Steamed Carrots Celery Diced Pear Cup Plums David's Chocolate Chip Cookie

24 Turkey Hot Dog on Bun Crispy Tator Tots Baked Beans Diced Pear Cup Fresh Orange

25 Chicken Cheese Quesadilla Sweet Corn Celery Pineapple Cup Fresh Apple

(Turkey Taco)

28

29 Fluffy Pancakes Turkey Sausage Patty Crispy Tator Tots Celery & Carrot Sticks w/ Low Fat Dressing Applesauce Fresh Banana

30 Pizza Bite & Mozzarella Stick Combo Whole Wheat Dinner Roll Steamed Broccoli Grape Tomato Sliced Peaches Fresh Pear

31 Nachos Grande Mild Salsa Baked Beans Mixed Fruit Fresh Orange

We proudly support clean, organic local and sustainable agriculture.

SIMPLY ROOTED™ in food and family

We offer a variety of balanced choices to satisfy the needs of customers. This is because we are Simply Rooted™ in food and family and we care about our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



ALL MEALS SERVED WITH MILK: 1% WHITE, FAT FREE, OR FAT FREE CHOCOLATE (all antibiotic and hormone free) DAILY VEGETABLE OFFERING SIDE GREEN SALAD, CONDIMENTS AND L.F. DRESSINGS Lunch Price: \$2.5!

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 with Low fat Vanilla ORGANIC Yogurt with Granola and Fruit or 4.oz Yogurt w/ W.G Bagel and Cheese Stick Whole Grain Bagel with (2) Cheese Stick Cheese Pizza, Vegetable Pizza, Pepperoni Pizza, Hamburger, Cheeseburger, Chicken Patty

VEGETARIAN MADE WITH 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.