



Welcome to our Lunch Cafe

Huntington Jack Abrams STEM

October 2021

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

HARVES 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.



1 Crispy Chicken Sandwich
Sweet Corn
Fresh Baby Carrots
Fresh Apple

4 Cheesy Stuffed Bread Sticks
Marinara Sauce
Steamed Broccoli
Celery Sticks
Plums

5 Crispy Popcorn Chicken
With Brown Rice
Steamed Carrots
Cucumber Coins
Applesauce

6 Cheeseburger
Oven Baked Fries
Fresh Baby Carrots
Fresh Pear

7 Turkey Hot Dog on Bun
Baked Beans
Celery
Fresh Apple

8 Chicken Fajita Wrap
Crispy Potato Puffs
Grape Tomatoes
Fresh Orange

11

12 Chicken Sausage
Pancake Bites
Sweet Potato Fries
Cucumber Coins
Fresh Peach

(Chicken Meat Sausage)

13 Nachos with Cheese
Sweet Corn
Black Beans
Fresh Orange

14 Wing Shack Chicken Wings
Or Brown Rice
Baked Beans
Fresh Baby Carrots
Fresh Pear
David's Chocolate Chip Cookie

15 Baked Chicken Tenders
Brown Rice Pilaf
Side Garden Salad
Celery Sticks
Fresh Apple

18 Mozzarella Sticks
Marinara Sauce
Sweet Corn
Celery Sticks
Fresh Apple

19 Pasta with Meat Sauce
Steamed Broccoli
Chickpea Salad
Plums

(Ground Turkey Meat)

20 Baked Chicken Tenders
Steamed Carrots
Cucumber Coins
Fresh Orange

21 Two Cheese Quesadilla
Black Beans
Grape Tomatoes
Fresh Pear

22 Classic Tex Mex Burrito
Sweet Corn
Fresh Baby Carrots
Fresh Apple

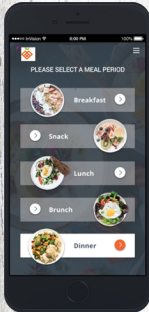
25 Grilled Cheese Sandwich
Crispy Potato Puffs
Fresh Baby Carrots
Applesauce

26 Fluffy Whole Grain Waffles
Turkey Sausage Patty
Steamed Carrots
Celery
Fresh Orange
Syrup

27 BBQ Chicken Nachos
Black Beans
Salsa
Fresh Apple

28 Crispy Chicken Sandwich
Steamed Broccoli
Cucumber Coins
Fresh Peach

29 Meatball Hero
Sweet Corn
Fresh Baby Carrots
Fresh Pear



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at 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 \$4.78 PLUS TAX

Daily Offerings:
Yogurt w/Cheese Sandwich, Pepperoni (P) Pizza Pack, Chicken Caesar Salad, Bagel w/ 2 String Cheese, Cheese or Pepperoni (P) Pizza
MILK- 1% WHITE, FF CHOCOLATE 100% APPLE JUICE
Items with a P contain pork.
We serve Whole Grain Rich Products

- Vegetarian
- Made With Natural Ingredients
- Pork
- Smart Choice
- 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.



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Huntington Woodhull Intermediate

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Fresh Apple

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Steamed Broccoli
Celery Sticks
Plums

5 Crispy Popcorn Chicken
With Brown Rice
Steamed Carrots
Cucumber Coins
Applesauce

6 Cheeseburger
Oven Baked Fries
Fresh Baby Carrots
Fresh Pear

7 Turkey Hot Dog on Bun
Baked Beans
Celery
Fresh Apple

8 Chicken Fajita Wrap
Crispy Potato Puffs
Grape Tomatoes
Fresh Orange

11

12 Chicken Sausage
Pancake Bites
Sweet Potato Fries
Cucumber Coins
Fresh Peach

(Chicken Meat Sausage)

13 Nachos with Cheese
Sweet Corn
Black Beans
Fresh Orange

14 Wing Shack Chicken Wings
Or Brown Rice
Baked Beans
Fresh Baby Carrots
Fresh Pear
David's Chocolate Chip Cookie

15 Baked Chicken Tenders
Brown Rice Pilaf
Side Garden Salad
Celery Sticks
Fresh Apple

18 Mozzarella Sticks
Marinara Sauce
Sweet Corn
Celery Sticks
Fresh Apple

19 Pasta with Meat Sauce
Steamed Broccoli
Chickpea Salad
Plums

(Ground Turkey Meat)

20 Baked Chicken Tenders
Steamed Carrots
Cucumber Coins
Fresh Orange

21 Two Cheese Quesadilla
Black Beans
Grape Tomatoes
Fresh Pear

22 Classic Tex Mex Burrito
Sweet Corn
Fresh Baby Carrots
Fresh Apple

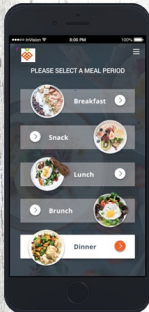
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Crispy Potato Puffs
Fresh Baby Carrots
Applesauce

26 Fluffy Whole Grain Waffles
Turkey Sausage Patty
Steamed Carrots
Celery
Fresh Orange Syrup

27 BBQ Chicken Nachos
Black Beans
Salsa
Fresh Apple

28 Crispy Chicken Sandwich
Steamed Broccoli
Cucumber Coins
Fresh Peach

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