

# Lunch Menu

## Huntington High School

December  
2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

Available Daily:  
Fresh veggies,  
salad, fruits and  
apple juice.

4 Breaded Fish Sticks  
Brown Rice  
Steamed Broccoli  
Fresh Baby Carrots  
Diced Pear Cup  
Fresh Banana

**MEATLESS MONDAY**

5 Popcorn Chicken  
Brown Rice  
Sweet Corn  
Celery Sticks  
Fresh Apple  
Diced Peaches

6 Meatloaf with Gravy  
Dinner Rolls  
Spiced Sweet Potatoes  
Steamed Broccoli  
Fresh Orange  
Applesauce

**FLAVES**

(Beef Meatloaf)

(Turkey Hot Dog)

7 Smokehouse Pulled Pork Sandwich  
Seasoned Black Beans  
Homemade Deli Style  
Coleslaw  
Fresh Pear  
Mixed Fruit

1 Famous Chili Cheese Fries  
Dinner Rolls  
Or Sweet Potato Burrito  
savory blend of flavored black beans, sweet potatoes and rice wrapped in a soft tortilla  
(Beef & Bean Chili)  
Steamed Carrots  
Grape Tomatoes  
Fresh Pear  
Apple Sauce

8 Tot Spot's Loaded Tater Tots  
crispy tater tots topped with creamy cheese sauce and bacon with a sour cream and scallion garnish  
Or Veggaböl BBQ Chickpea Rice Bowl  
Dinner Rolls  
Steamed Carrots  
Fresh Apple

**HARVEST**

11 Toasty Garlic Mozzarella Sandwich with Tomato  
Roasted Butternut Squash  
Celery Sticks  
Applesauce  
Fresh Banana

**MEATLESS MONDAY**

12 Pasta with Meat Sauce  
Steamed Broccoli  
Grape Tomatoes  
Mixed Fruit  
Fresh Apple

(Beef Meatsauce)

**IT'S STUDENT APPRECIATION DAY**

**NEW**

13 Chicago Style Hot Dog  
skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes and jalapeño peppers  
Or Southern Slaw Dog  
hot dog on bun with spicy slaw and mustard  
Baked Beans  
Fresh Baby Carrots  
Fresh Orange  
Diced Pear Cup

14 Ruby's Chicken Cordon Bleu  
handcrafted sandwich with moist chicken breast, thinly sliced ham, cheese, and crisp lettuce between a soft bun  
Sweet Corn  
Cucumber Coins  
Applesauce  
Fresh Pear

15 Nashville Hot Kickin' Chicken Sandwich  
Or Veggaböl Fiesta Rice and Beans Bowl  
Crispy Potato Puffs  
Celery Sticks  
Fresh Apple  
Mixed Fruit

**NASHVILLE**

Hot Kickin' Chicken

18 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Steamed Carrots  
Fresh Cucumber Salad  
Fresh Orange  
Applesauce

**MEATLESS MONDAY**

19 Baked Potato Bar  
a fluffy baked potato layered with toppings of your choice  
Dinner Rolls  
Steamed Broccoli  
Homemade Deli Style  
Coleslaw  
Fresh Pear  
Diced Peaches

(Cheese Sauce/Beef Chili)

**HARVEST**

20 Fluffy Whole Grain Waffles  
Egg Patty  
Turkey Sausage Patty  
Roasted Potatoes  
Baked Beans  
Fresh Grapes  
Diced Pear Cup

21 Hot Open Turkey Sandwich with Gravy  
Spiced Sweet Potatoes  
Grape Tomatoes  
Fresh Apple  
Mixed Fruit

22 Spicy Chicken Sandwich  
Or Spicy Buffalo Chickpea Wrap  
freshly roasted chickpeas coated in hot sauce with freshly seasoned lettuce, tomatoes and onions in a soft wrap  
Steamed Zucchini  
Celery Sticks  
Fresh Pear  
Mixed Fruit

25

**HARVEST**  
of the month  
potatoes



26

27

**HOLIDAY JOY**



28

29

WHITSONS is proud to partner with  
THE HUMANE SOCIETY OF THE UNITED STATES  
in bringing you more plant-based menu options! Check out...

**VEGGABÖLS**  
PLANT-BASED MEALS



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. 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.

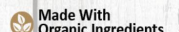
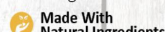
\*\*Menu is subject to change, notice posted when available.

\*\*\*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

Adult \$5.09 Plus Tax All Meals served with Choice of: 1% White or Fat Free flavored Milk, Fruit Choice, W.G. Bread, Protein, Vegetable Choices, Condiments and L.F. Dressings



Daily Lunch Offerings - Ciabatta Sams: Pre-made Sandwiches-

Ham(P), Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable toppings on W.G. Breads.

Real Meals: Yogurt Parfaits- made with Yogurt, Fruit & Granola. Yogurt & Fruit Smoothie (served w/ 2 Dinner rolls or Pretzel. Salads served with 2 W.G. Dinner roll

Ruby's Grill Choices: Grilled Cheese, Chicken Patty or burger on W.W. Bun

Coyote Grill: Nachos, Tacos

Pizza:, Cheese, Pepperoni (beef & pork) and Daily Special