

# Lunch Menu

Huntington Jack Abrams STEM

December 2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS. EARN WHILE YOUR CHILD LEARNS. CALL (631) 673-2107 FOR INFORMATION

NEW

4 Pizza Bagel  
melted cheese and tomato sauce on a toasted bagel, baked to perfection 🌱🍌  
Or Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Steamed Broccoli  
Celery Sticks  
Fresh Banana

MEATLESS MONDAY

5 Chicken Nuggets  
With Brown Rice  
Or Not-A-Nut Butter & Jelly Sandwich  
freshly made sandwich with layers of creamy plant based butter and sweet jelly 🌱🍌  
Crispy Potato Puffs  
Grape Tomatoes  
Fresh Apple

6 Turkey Hot Dog on Bun  
Or Simply Boxed Pretzel Energy Box  
freshly prepared on the go pretzel, cheese stick and fruit mix 🌱🍌🍌  
Baked Beans  
Fresh Baby Carrots  
Fresh Pear

IT'S STUDENT APPRECIATION DAY

7 Crispy Popcorn Chicken  
With Brown Rice  
Or Chunky Monkey Smoothie 🍌  
Light Mozzarella Cheese Stick  
Pretzel  
Spiced Sweet Potatoes  
Cucumber Coins  
Fresh Orange

HARVEST

8 Smokehouse Pulled Pork Sandwich  
smokehouse pulled pork on a roll with cole slaw P  
Or Honey Mustard Chicken Wrap 🍌  
Steamed Broccoli  
Cucumber Coins  
Fresh Apple

11 Grilled Cheese Sandwich 🌱  
Or Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Roasted Butternut Squash  
Celery Sticks  
Fresh Banana

MEATLESS MONDAY

12 Meatball Sandwich  
warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house  
Or Not-A-Nut Butter & Jelly Sandwich 🌱🍌  
Steamed Broccoli  
Kidney Beans  
Fresh Apple

(Chicken Meatballs)

13 Cinnamon French Toast 🌱  
With Egg Patty  
Or Simply Boxed Pretzel Energy Box 🌱🍌🍌  
Crispy Potato Puffs  
Fresh Baby Carrots  
Fresh Pear  
Syrup

BRUNCH FOR LUNCH TODAY!

14 Pasta with Meat Sauce 🍌  
Or Chunky Monkey Smoothie 🍌  
Light Mozzarella Cheese Stick  
Pretzel  
Steamed Broccoli  
Grape Tomatoes  
Fresh Orange

(Beef Meatsauce)

15 Breaded Fish Sticks  
With French Bread  
Or Honey Mustard Chicken Wrap 🍌  
Sweet Corn  
Cucumber Coins  
Fresh Apple

18 Mozzarella Sticks 🌱  
Marinara Sauce  
Or Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Steamed Carrots  
Celery Sticks  
Fresh Apple

MEATLESS MONDAY

19 Baked Chicken Tenders  
With Brown Rice  
Or Not-A-Nut Butter & Jelly Sandwich 🌱🍌  
Steamed Broccoli  
Cucumber Coins  
Fresh Pear

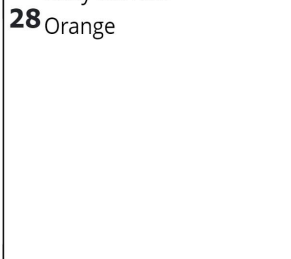
20 Cheeseburger  
Or Simply Boxed Pretzel Energy Box 🌱🍌🍌  
Oven Baked Fries  
Baked Beans  
Fresh Grapes

HARVEST

21 Crispy Popcorn Chicken  
With Brown Rice  
Or Chunky Monkey Smoothie  
made with chocolate milk, fresh bananas and low fat vanilla yogurt 🍌  
Light Mozzarella Cheese Stick  
Pretzel  
Spiced Sweet Potatoes  
Fresh Baby Carrots

Baby Carrots

22 Chicken Fajita Wrap  
freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese 🍌  
Or Honey Mustard Chicken Wrap 🍌  
Sweet Corn  
Grape Tomatoes  
Fresh Apple



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 LUNCH \$5.09 PLUS TAX

Available Daily

Pepperoni (P) Pizza Pack, Chicken Caesar Salad w/dinner rolls, Bagel w/ 2

String Cheese, Yogurt w/cheese sandwich,

Cheese and Pepperoni (P) Pizza

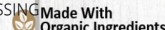
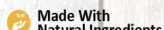
MILK- 1% WHITE, FF CHOCOLATE, 100% APPLE JUICE

Items with a P contain pork. We serve Whole Grain Rich Products

ALL MEALS SERVED WITH DAILY FRESH FRUITS (PEARS, APPLES, ORANGES)

FRESH VEGETABLES.

CONDIMENTS AND L.F.DRESSING



# Lunch Menu

## Huntington Woodhull Intermediate

December 2023

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*melted cheese and tomato sauce on a toasted bagel, baked to perfection* 🌱 🍌  
Or Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Steamed Broccoli  
Celery Sticks  
Fresh Banana

MEATLESS MONDAY

**5** Chicken Nuggets  
With Brown Rice  
Or Not-A-Nut Butter & Jelly Sandwich  
*freshly made sandwich with layers of creamy plant based butter and sweet jelly* 🌱 🍌  
Crispy Potato Puffs  
Grape Tomatoes  
Fresh Apple

**6** Turkey Hot Dog on Bun  
Or Simply Boxed Pretzel Energy Box  
*freshly prepared on the go pretzel, cheese stick and fruit mix* 🌱 🍌 🍌  
Baked Beans  
Fresh Baby Carrots  
Fresh Pear

IT'S STUDENT APPRECIATION DAY

**7** Crispy Popcorn Chicken  
With Brown Rice  
Or Chunky Monkey Smoothie 🍌  
Light Mozzarella Cheese Stick  
Pretzel  
Spiced Sweet Potatoes  
Cucumber Coins  
Fresh Orange

HARVEST

**1** Smokehouse Pulled Pork Sandwich  
*smokehouse pulled pork on a roll with cole slaw* 🌱  
Or Honey Mustard Chicken Wrap 🍌  
Steamed Broccoli  
Cucumber Coins  
Fresh Apple

NEW

**8** BBQ Chicken Sandwich  
*warm baked chicken smothered in BBQ sauce on a bun and prepared in-house*  
Or Honey Mustard Chicken Wrap 🍌  
Steamed Carrots  
Celery Sticks  
Fresh Apple

**11** Grilled Cheese Sandwich 🌱  
Or Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Roasted Butternut Squash  
Celery Sticks  
Fresh Banana

MEATLESS MONDAY

**12** Meatball Sandwich  
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Kidney Beans  
Fresh Apple

(Chicken Meatballs)

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With Egg Patty  
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Crispy Potato Puffs  
Fresh Baby Carrots  
Fresh Pear  
Syrup

BRUNCH FOR LUNCH TODAY!

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Pretzel  
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Fresh Pear

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Oven Baked Fries  
Baked Beans  
Fresh Grapes

HARVEST

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Pretzel  
Spiced Sweet Potatoes  
Fresh Baby Carrots

Baby Carrots

**22** Chicken Fajita Wrap  
*freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese* 🍌  
Or Honey Mustard Chicken Wrap 🍌  
Sweet Corn  
Grape Tomatoes  
Fresh Apple

**25**

HARVEST of the month potatoes



**26**

**27**

HOLIDAY JOY



**28** Orange

**29**

HAPPY NEW YEAR



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FRESH VEGETABLES.

CONDIMENTS AND L.F.DRESSING

Vegetarian

Made With Natural Ingredients

P Pork

Smart Choice

Made With Organic Ingredients