



Welcome to our Lunch Cafe

Port Jefferson Edna Louise Spear Elementary

April 2022

The USDA has approved FREE **VEGAN** 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


HARVEST 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.






4 **Homemade Mac & Cheese**  
 Or Turkey & Cheese Sandwich
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Buttered Corn
 Celery
 Fresh NY Local Apple
 Diced Peaches

5 **Nachos Grande** 
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Or Turkey & Cheese Sandwich
 Steamed Carrots
 Chilled Red Pepper Strips
 Fresh Pear
 Cinnamon Applesauce

6 **Whole Grain Waffles with Sausage**
 Or Turkey & Cheese Sandwich
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Sweet Potato Fries
 Cucumber Coins
 Fresh Orange
 Mixed Fruit




7 **Beef Hot Dog on Bun**
 Or Turkey & Cheese Sandwich
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Oven Baked Fries
 Baked Beans
 Fresh NY Local Apple
 Diced Peaches

Lucky Tray Day!

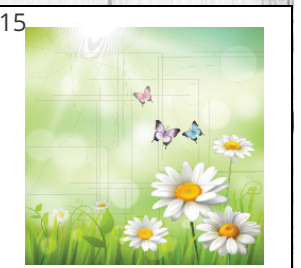
8 **Classic Cheese Pizza**  
 Or Turkey & Cheese Sandwich
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Steamed Broccoli
 Caesar Salad
 Fresh Banana
 Cinnamon Applesauce

11 **Cheese Quesadilla**
 Or Ham & Cheese Sandwich 
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Buttered Corn
 Celery
 Fresh NY Local Apple
 Diced Peaches

12 **Chicken Nuggets**
 With Whole Wheat Dinner Roll
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Or Ham & Cheese Sandwich 
 Steamed Carrots
 Chilled Red Pepper Strips
 Fresh Pear
 Cinnamon Applesauce

13 **Cinnamon French Toast** 
 With Bacon
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Or Ham & Cheese Sandwich 
 Sweet Potato Fries
 Cucumber Coins
 Fresh Orange
 Mixed Fruit

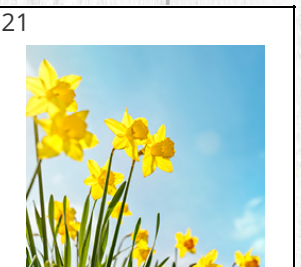
SPRING BREAK!
SCHOOL CLOSED



18 **SPRING BREAK!**
SCHOOL CLOSED





20 **SPRING BREAK!**
SCHOOL CLOSED







22 **SPRING BREAK!**
SCHOOL CLOSED

25 **Grilled Cheese Sandwich** 
 Or Chicken Caesar Wrap 
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Buttered Corn
 Celery
 Fresh NY Local Apple
 Diced Peaches

26 **Soft Tacos** 
 Or Cheese Sandwich 
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Steamed Carrots
 Chilled Red Pepper Strips
 Fresh Pear
 Cinnamon Applesauce

27 **Whole Grain Waffles with Sausage**
 Or Turkey & Cheese Sandwich
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Sweet Potato Fries
 Cucumber Coins
 Fresh Orange
 Mixed Fruit

28 **Beef Hot Dog on Bun**
 Or Turkey & Cheese Sandwich
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Oven Baked Fries
 Baked Beans
 Fresh NY Local Apple
 Diced Peaches

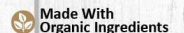
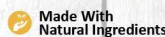
29 **Classic Cheese Pizza**  
 Or Turkey & Cheese Sandwich
 Or Yogurt, Cereal, Cheese Stick & Roll 
 Steamed Broccoli
 Caesar Salad
 Fresh Banana
 Cinnamon Applesauce



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.



Lunch Price
Free - \$0.00
Reduced -\$0.00
Paid - \$0.00



*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.