



Welcome to our Lunch Cafe

Port Jefferson Earl L Vandermeulen HS

April 2022

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

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 Cheese Panini 
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
100% Apple Juice



5 Crispy Tacos 
Or Turkey Taco Salad in a Tortilla Bowl 
Baby Carrots
Sauteed Corn & Black Bean Salsa
Fresh NY Local Apple
Diced Peach Cup

6 Whole Grain Waffles with Sausage
Sweet Potato Fries
Oven Baked Fries
Fresh Orange
Mixed Fruit







7 General Tso's Chicken 
Or Chicken Lo Mein 
Black Beans
Oven Baked Fries
Fresh NY Local Apple
Diced Pear Cup






8 Homemade Pasta & Broccoli with Garlic & Oil   
Caesar Salad
Applesauce
100% Apple Juice



11 Classic Cheese Pizza  
Or Chicken Caesar Salad 
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
100% Apple Juice

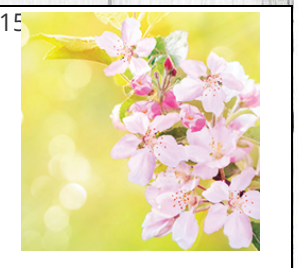


12 Mission Burrito 
Or Cheese Quesadilla
Chilled Red Pepper Strips
Sauteed Corn & Black Bean Salsa
Fresh NY Local Apple
Diced Peach Cup

13 Popcorn Chicken with Fries Or Meatball Hero  
Sweet Potato Fries
Mixed Fruit
Fresh Orange

National Make Lunch Count Day

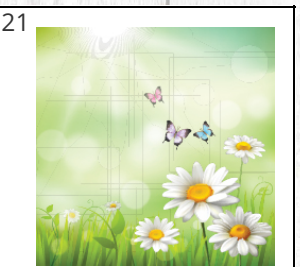
14 **SPRING BREAK! SCHOOL CLOSED**







18 **SPRING BREAK! SCHOOL CLOSED**




20 **SPRING BREAK! SCHOOL CLOSED**






22 **SPRING BREAK! SCHOOL CLOSED**

25 Pretzel with Cheese Sauce   
Or Chicken Caesar Salad 
Sweet Corn
Fresh NY Local Apple
100% Apple Juice






26 Soft Tacos 
Or Turkey Taco Salad in a Tortilla Bowl 
Baby Carrots
Sauteed Corn & Black Bean Salsa
Fresh NY Local Apple
Diced Peach Cup

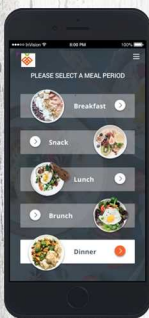
27 Cinnamon French Toast 
With Turkey Sausage Patty Or Cordon Bleu Griller 
Sweet Potato Fries
Fresh Orange
Mixed Fruit



28 BLT Burger 
Or Beef Hot Dog on Bun
Black Beans
Oven Baked Fries
Fresh NY Local Apple
Diced Pear Cup



29 Homemade Baked Pasta with Cheese  
Or Chicken Fajita Wrap 
Caesar Salad
Fresh Baby Carrots
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.



Food Service Office
631-791-4485
Free \$0.00
Reduced \$0.00
Paid \$0.00

Lunch includes protein, grain, vegetable, fruit and milk choice:
Available Daily
Ham & Cheese & Turkey & Cheese Sandwich, Hamburger, Cheeseburger, Chicken Patty, Bagel Lunch with 2oz cheese stick
Chicken Salad or Garden Salad w/2 dinner rolls, Pizza, Paninis, Asst. Wraps, Smoothies, and Yogurt Parfait



*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.