



Welcome to our Lunch Cafe

Port Jefferson Earl L Vandermeulen HS

October 2021

The USDA has approved FREE 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.



1 Homemade three Cheese Calzone
Or Pizza Bagel
Caesar Salad
Fresh Baby Carrots
Fresh NY Local Apple
100% Apple Juice

National Apple Month

4 Cheese Panini
Or Garden Salad with Cheese Entree
Sweet Corn
Fresh NY Local Apple
100% Apple Juice

MEATLESS MONDAY

5 Mexi Beef Taco Corn Muffin Bowl
Or Beef and Cheese Quesadilla
Or Cheese Quesadilla
Fresh Baby Carrots
Fresh NY Local Apple
100% Fruit Punch Juice

6 Baked Chicken Tenders Or Bacon, Egg and Cheese Breakfast Sandwich
Sweet Potato Fries
Mixed Fruit
100% Apple Juice

BRUNCH FOR LUNCH TODAY!

7 BLT Burger
Or Beef Hot Dog on Bun
Baked Beans
Oven Baked Fries
100% Fruit Punch Juice

PRIDE OF NEW YORK

8 Pasta with Homemade Chicken & Sauteed Broccoli
Or Pizza Bagel
Caesar Salad
Applesauce
100% Apple Juice

National Pasta Month

11

COLUMBUS DAY

12 General Tso's Chicken
Or Seared Dumplings
Steamed Broccoli
Chilled Red Pepper Strips
Fresh NY Local Apple
100% Fruit Punch Juice

Choose MyPlate.gov

13 Smokehouse Pulled Pork Sandwich
Or Philly Cheese Steak
Sweet Potato Fries
Mixed Fruit
100% Apple Juice

National Pork Month

14 Meatball Dunkers With Homemade Garlic Bread
Or Big Bird Panini
Baked Beans
100% Fruit Punch Juice

school lunch lots 2 love

15 Homemade Mac & Cheese
Or Teriyaki Chicken Wrap
Garden Salad
Fresh Baby Carrots
Applesauce
100% Apple Juice

18 Cheesy Stuffed Bread Sticks
With Marinara Sauce
Or Chicken Caesar Salad
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
100% Apple Juice

MEATLESS MONDAY

19 Ranch & Chicken Quesadilla
Or Cheese Quesadilla
Fresh Baby Carrots
Diced Peaches
100% Fruit Punch Juice

20 Maple Mini Waffles With Turkey Sausage Patty
Or Bacon, Egg and Cheese Breakfast Sandwich
Sweet Potato Fries
Mixed Fruit
100% Fruit Punch Juice

BRUNCH FOR LUNCH TODAY!

21 Yard Bird Classic Chicken Sandwich
Or Chicken Caesar Wrap
Cinnamon & Honey Roasted Beans
Broccoli Florets
Mixed Fruit
100% Apple Juice

22 Homemade Baked Pasta with Cheese
Or Pizza Bagel
Caesar Salad
Fresh Baby Carrots
Applesauce
100% Apple Juice

school lunch lots 2 love

25 Cheesy Stuffed Bread Sticks
With Marinara Sauce
Or Chicken Caesar Salad
Sweet Corn
Fresh NY Local Apple
100% Apple Juice

MEATLESS MONDAY

26 Chicken Bowl with Cheese
Or BBQ Chicken Sauce & Toss
Fresh Baby Carrots
Diced Peaches
100% Fruit Punch Juice

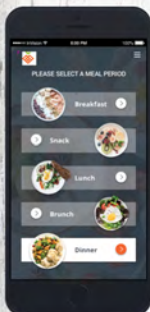
27 General Tso's Chicken
Or Stir Fry Chicken & Asian Vegetable Rice Bowl
Fresh Baby Carrots
Fresh NY Local Apple
100% Fruit Punch Juice

28 Meatball Dunkers With Homemade Garlic Bread
Or Big Bird Panini
Baked Beans
100% Fruit Punch Juice

National Chocolate Day

IT'S STUDENT APPRECIATION DAY

29 Pasta with Homemade Chicken & Sauteed Broccoli
Or Pizza Bagel
Caesar Salad
Applesauce
100% Apple Juice

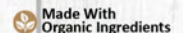
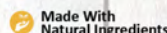
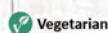


Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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.