



# Welcome to our Lunch Cafe

# Port Jefferson MS

# 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.




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




5 Cheese Quesadilla  
Or Chicken 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




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



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

**National Apple Month**

11




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

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




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



19 Cheese Quesadilla  
Or Famous Chili Cheese Fries  
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



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

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

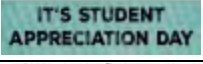


26 Chicken Bowl with Cheese  
Or BBQ Chicken Sauce & Toss  
Fresh Baby Carrots  
Diced Peaches  
100% Fruit Punch Juice

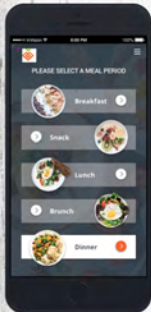
27 General Tso's Chicken  
Or Stir Fry Chicken & Asian Vegetable Rice Bowl  
Fresh Baby Carrots  
Fresh NY Local Apple  
100% Fruit Punch Juice

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

**National Chocolate Day**



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

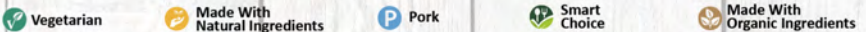


Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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.