

Lunch Menu

Port Jefferson Earl L Vandermeulen HS

April 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1

SCHOOL CLOSED TODAY

2

Nachos Grande
Sauteed Corn & Black Bean Salsa
Chilled Red Pepper Strips
Fresh Banana
Diced Peach Cup

3

Smokehouse Burger
Or Veggabul BBQ Chickpea Rice Bowl
Sweet Potato Fries
Fresh Orange
Mixed Fruit
Homemade Beef Burger

4

Mission Burrito
Or Chicken Caesar Wrap
Steamed Broccoli
Black Beans
Fresh NY Local Apple
Diced Pear Cup

National Burrito Day

5

Chicken Parm "Poppers" Over Pasta
Caesar Salad
Fresh Baby Carrots
Fresh NY Local Apple
Diced Peaches



8

Homemade Vegetarian Empanada
Or Homemade Chicken Empanadas
Cauliflower Popcorn
Cucumber Coins
Fresh NY Local Apple
Fresh Banana
National Empanada Day

MEATLESS MONDAY

9

Soft Tacos
Or Cheese Quesadilla
Orange Glazed Carrots
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

10

Crispy Popcorn Chicken
Or Spicy Popcorn Chicken
Sweet Potato Fries
Chilled Red Pepper Strips
Fresh Orange
Mixed Fruit

11

Incredibowls General Tso's Chicken
Or Baja Bean Fajita
Black Beans
Fresh Baby Carrots
Fresh NY Local Apple
Diced Pear Cup

12

Two Cheese Grilled Cheese
Or Grilled Cheese with Bacon
Or Tomato & Cheese Griller
Steamed Broccoli
Caesar Salad
Fresh NY Local Apple
Fresh Banana
National Grilled Cheese Day

15

Cheesy Stuffed Bread Sticks
With Marinara Sauce Dip
Or Romaine & Chickpea Salad with 2 Dinner Rolls
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
Mixed Fruit

MEATLESS MONDAY

16

Egg and Cheese Sandwich
Or Balsamic Grilled Chicken Panini
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

17

Honeyfire Kitchen Chicken Sandwich
Or Honeyfire Kitchen Cheese Pizza
Sweet Potato Fries
Crispy Potato Puffs
Mixed Fruit
Fresh Orange

18

Homemade Baked Pasta with Cheese
Or Chicken Caesar Wrap
Cauliflower Popcorn
Black Beans
Fresh NY Local Apple
Diced Pear Cup



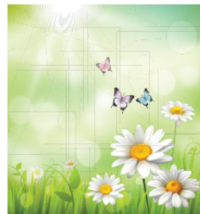
19

SCHOOL CLOSED TODAY

22

SPRING BREAK! SCHOOL CLOSED

23



24

SPRING BREAK! SCHOOL CLOSED

25



26

SPRING BREAK! SCHOOL CLOSED

29

Cheesy Stuffed Bread Sticks
With Marinara Sauce Dip
Or Romaine & Chickpea Salad with 2 Dinner Rolls
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
Mixed Fruit

MEATLESS MONDAY

30

Nachos Grande
Sauteed Corn & Black Bean Salsa
Chilled Red Pepper Strips
Fresh Banana
Diced Peach Cup



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.

*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.



Food Service Office
631-791-4485
Free \$0.00
Reduced \$0.00
Paid \$3.95

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

