



Welcome to our Lunch Cafe



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggabols promotion.



February 2023

Port Jefferson Earl L Vandermeulen HS

Monday

Tuesday

Wednesday

Thursday

Friday

1 Smokehouse Burger 🍔
Or Veggabols BBQ Chickpea Rice Bowl 🌱🍌🍌
Sweet Potato Fries
Fresh Orange
Mixed Fruit



2 Famous Chili Cheese Fries 🍌🍌
Or Spicy Chicken Sandwich
Black Beans
Fresh NY Local Apple
Diced Pear Cup

National Tater Tot Day

3 Pasta with Chicken & Sautéed Broccoli 🍷
Or NY Fruity Yogurt Parfait with Granola 🍌🍌
Caesar Salad
Fresh Baby Carrots
Fresh NY Local Apple
Diced Peaches


6 Homemade Mac & Cheese 🌱🍌
Or Veggabols Rainbow Hummus Rice Bowl 🌱🍌
Cauliflower Popcorn
Cucumber Coins
Fresh NY Local Apple
Fresh Banana




7 Homemade Chicken & Broccoli Alfredo 🍷
Orange Glazed Carrots
Chilled Red Pepper Strips
Fresh NY Local Apple

National Pasta Alfredo Day

8 Homemade French Toast 🌱🍌
With Sliced Ham
Sweet Potato Fries
Apple Slices
Fresh Orange



9 Wing Shack Buffalo Fire Chicken Wings
Or Wing Shack Honey BBQ Glazed Chicken Wings
Oven Baked Fries
Black Beans
Fresh NY Local Apple
Diced Pear Cup



10 Homemade Pasta & Meat Sauce 🍷🍌
Steamed Broccoli
Caesar Salad
Fresh NY Local Apple
Fresh Banana

100th Day of School

13 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

14 Philly Cheese Steak 🍷
Crispy Potato Puffs
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup



15 General Tso's Chicken 🍷
With Brown Rice
Lemon Carrots
Fresh NY Local Apple
Mixed Fruit

16 Crispy Popcorn Chicken
Crispy Potato Puffs
Black Beans
Apple Slices
Diced Pear Cup




17 Homemade Pasta & Broccoli with Garlic & Oil 🌱🍌
Garden Salad
Fresh Baby Carrots
Fresh Banana
Applesauce



20



21



22

SCHOOL CLOSED TODAY

23

SCHOOL CLOSED TODAY

24

SCHOOL CLOSED TODAY

27 Cheesy Stuffed Bread Sticks 🌱
Or Strawberry Banana Smoothie 🍌
Sweet Corn
Fresh NY Local Apple
Fresh Banana



28 Homemade Chicken & Cheese Stromboli 🍷
Or Veggabols Taco Bean Tortilla Bowl 🌱🍌
Orange Glazed Carrots
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

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.



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 \$3.85

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

