



Welcome to our Lunch Cafe

Port Jefferson MS

February 2023



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 Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday



1 Smokehouse Burger
Or Veggaböls BBQ Chickpea Rice Bowl
Sweet Potato Fries
Fresh Orange
Mixed Fruit

2 Crispy Chicken Sandwich
Or Spicy Chicken Sandwich
Black Beans
Oven Baked Fries
Fresh NY Local Apple
Diced Pear Cup

3 BBQ Chicken Pizza
Sauteed Spinach
Caesar Salad
Fresh NY Local Apple
Fresh Banana



6 Homemade Mac & Cheese
Cauliflower Popcorn
Cucumber Coins
Fresh NY Local Apple
Cheese Panini
100% Apple Juice

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

National Pasta
Alfredo Day



8 Mozzarella Sticks
With Marinara Sauce Dip
Or Grilled Cheese Sandwich
Sweet Potato Fries
Fresh Orange
Mixed Fruit

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

100th Day of School

10 Homemade Pasta & Meat Sauce
Caesar Salad
Fresh Baby Carrots
Fresh Banana
Applesauce



13 Cheesy Stuffed Bread Sticks
With Spaghetti Sauce
Or Strawberry Banana Smoothie
Sweet Corn
Cucumber Coins
Fresh NY Local Apple

14 Cheese Panini
Or Chicken Nuggets
Crispy Potato Puffs
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

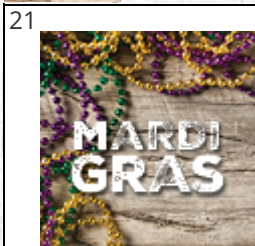
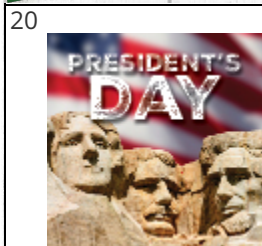


15 Whole Grain Waffles with Sausage
Or NY Yogurt, Peach & Granola Parfait
Sweet Potato Fries
Mixed Fruit
Fresh Orange

16 Crispy Popcorn Chicken With Dinner Rolls
Baked Beans
Oven Baked Fries
Apple Slices
Diced Pear Cup



17 Buffalo Chicken Pizza
Garden Salad
Fresh Baby Carrots
Applesauce
Fresh Banana



22 SCHOOL CLOSED TODAY

23 SCHOOL CLOSED TODAY

24 SCHOOL CLOSED TODAY

27 Cheesy Stuffed Bread Sticks
Oven Baked Fries
Sweet Corn
Fresh NY Local Apple
100% Apple Juice

28 Baked Chicken Tenders With Dinner Rolls
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 or Turkey & Cheese Sandwich ,Hamburger,
Cheeseburger ,Chicken Patty, Bagel Lunch with 2oz cheese stick
, Pizza, Smoothies, and Yogurt Parfait

