



# Welcome to our Lunch Cafe

## Port Jefferson Edna Louise Spear Elementary

# May 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 Mozzarella Sticks

With Marinara Sauce  
Or Grilled Cheese Sandwich

Buttered Corn

Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple



2 Chicken Nuggets  
Or Pizza Bagel

Steamed Carrots  
Chilled Red Pepper Strips  
Fresh Pear  
Cinnamon Applesauce

3 Chicken Sausage Pancake Bites  
Sweet Potato Fries  
Cucumber Coins  
Mixed Fruit  
Fresh Orange

IT'S BRUNCH FOR LUNCH TIME



4 Homemade Pasta & Meat Sauce

Or Lo Mein Noodle Bowl

Black Beans

Fresh NY Local Apple  
Strawberries



5 Nachos with Cheese

Or Classic Cheese Pizza

Sauteed Kale  
Caesar Salad  
Watermelon Slices  
Cinnamon Applesauce

LET'S CELEBRATE!

8 Cheesy Stuffed Bread Sticks

With Marinara Sauce  
Cauliflower Popcorn  
Cucumber Coins  
Fresh NY Local Apple  
Mixed Dried Fruit



9 Chicken Nuggets  
Or Crispy Chicken Sandwich  
Steamed Carrots  
Chilled Red Pepper Strips  
Fresh Pear  
Cinnamon Applesauce



10 Fluffy Whole Grain Waffles

With Turkey Sausage Patty  
Sweet Potato Fries  
Cucumber Coins  
Fresh Orange  
Mixed Fruit

IT'S BRUNCH FOR LUNCH TIME



11 Crispy Popcorn Chicken  
Or BBQ Chicken Sauce & Toss  
Black Beans  
Oven Baked Fries  
Diced Peaches  
Fresh NY Local Apple



12 Classic Cheese Pizza

Caesar Salad  
Steamed Broccoli  
Fresh Banana  
Cinnamon Applesauce

15 Homemade Mac & Cheese

Sweet Corn  
Fresh Baby Carrots  
Fresh NY Local Apple  
Cinnamon Applesauce



16 Chicken Nuggets  
Or Cheeseburger  
Steamed Carrots  
Chilled Red Pepper Strips  
Fresh Orange  
Diced Pear Cup

17 Sausage, Egg and Cheese Sandwich  
Sweet Potato Fries  
Cucumber Coins  
Mixed Fruit  
Fresh Orange

IT'S BRUNCH FOR LUNCH TIME

18 Chicken Parm "Poppers"  
Over Pasta

Or Pasta with Sauce

Black Beans  
Mixed Fruit  
Fresh NY Local Apple

Lucky Tray Day!



19 Classic Cheese Pizza

Sauteed Kale  
Caesar Salad  
Fresh Banana  
Diced Pear Cup

22 Cheesy Stuffed Bread Sticks


With Marinara Sauce  
Cauliflower Popcorn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple




23 Crispy Chicken Sandwich  
Or Chicken Nuggets  
Glazed Carrots  
Chilled Red Pepper Strips  
Fresh Pear  
Diced Peaches

24 Whole Grain Waffles with Sausage  
Sweet Potato Fries  
Cucumber Coins  
Fresh Orange  
Diced Pear Cup

IT'S BRUNCH FOR LUNCH TIME




25 Cheeseburger  
Or Beef Hot Dog on Bun  
Potato Puffs  
Black Beans  
Fresh NY Local Apple  
Diced Peach Cup



26

SCHOOL CLOSED TODAY

29



30 Chicken Nuggets  
Or Pizza Bagel

Steamed Carrots  
Chilled Red Pepper Strips  
Fresh Pear  
Cinnamon Applesauce

31 Chicken Sausage Pancake Bites  
Sweet Potato Fries  
Cucumber Coins  
Mixed Fruit  
Fresh Orange

IT'S BRUNCH FOR LUNCH TIME

**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](http://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.



**Lunch Price**  
**Free - \$0.00**  
**Reduced -\$0.00**  
**Paid - \$3.60**

Available Daily  
Turkey & Cheese , Ham & Cheese, or Cheese Sandwich, Bagel Lunch, Yogurt Lunch, Lunches include Vegetable choice, Fruit or Fruit juice choice and Milk choice FF Chocolate milk or 1%

