



# Welcome to our Lunch Cafe

# Port Jefferson Earl L Vandermeulen HS

# 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 Veggabol Lo Mein Chickpea Noodle Bowl   
Or Two Cheese Grilled Cheese   
Sweet Corn  
Cucumber Coins  
Fresh NY Local Apple  
Mixed Fruit

2 Mozzarella Sticks   
With Marinara Sauce  
Or Balsamic Grilled Chicken Panini  
Steamed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

3 Smokehouse Burger   
Or Veggabol BBQ Chickpea Rice Bowl   
Sweet Potato Fries  
Roasted Kale  
Fresh Orange  
Mixed Fruit

4 Chicken Parm "Poppers" Over Pasta   
Or Chicken Caesar Wrap   
Steamed Broccoli  
Black Beans  
Fresh NY Local Apple  
Diced Pear Cup

5 Nachos with Cheese   
Or Black Bean & Sweet Potato Burrito   
Or Classic Tex Mex Burrito   
Caesar Salad  
Fresh Baby Carrots  
Fresh NY Local Apple  
Diced Peaches



8 Homemade Mac & Cheese   
Cauliflower Popcorn  
Cucumber Coins  
Fresh NY Local Apple  
Fresh Banana

9 Nashville Hot Kickin' Chicken Sandwich   
Or Garden Salad with Cheese Entree   
Orange Glazed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

10 Sausage, Egg and Cheese Sandwich   
Or Veggabol Taco Bean Tortilla Bowl   
Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

11 Homemade Buffalo Chicken Stromboli   
Or Homemade Veggie & Cheese Stromboli   
Black Beans  
Fresh Baby Carrots  
Fresh NY Local Apple  
Diced Pear Cup

12 Homemade Pasta & Meat Sauce   
Steamed Broccoli  
Caesar Salad  
Fresh NY Local Apple  
Fresh Banana



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

16 Chicken Nuggets  
Or Turkey Taco Salad in a Tortilla Bowl   
Steamed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

17 General Tso's Chicken sandwich   
Or South of the Border Wrap   
Sweet Potato Fries  
Crispy Potato Puffs  
Mixed Fruit  
Fresh Orange

18 Crispy Popcorn Chicken  
Or Chicken Caesar Wrap   
Cauliflower Popcorn  
Black Beans  
Fresh NY Local Apple  
Diced Pear Cup

19 Berry Acai Bowl   
Garden Salad  
Roasted Kale  
Fresh Banana  
Applesauce



**Chef Tony**

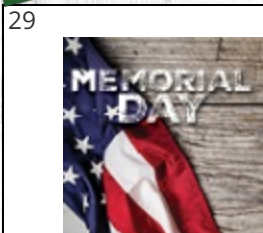
22 Homemade Mac & Cheese   
Or Veggabol BBQ Chickpea Rice Bowl   
Sweet Corn  
Celery  
Fresh NY Local Apple  
Diced Pear Cup

23 Wing Shack Buffalo Fire Chicken Wings  
Or Wing Shack BBQ Style Chicken Wings  
Chilled Red Pepper Strips  
Fresh Banana  
Diced Peach Cup

24 Pasta with Chicken & Sautéed Broccoli   
Or Pizza Bagel   
Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

25 Homemade Beef Burger   
Or Beef Hot Dog on Bun  
Black Beans  
Oven Baked Fries  
Watermelon Slices  
Fresh NY Local Apple

26 **HARVEST of the month**  
kale



30 Chicken Nuggets With Dinner Rolls  
Or Veggabol Taco Bean Tortilla Bowl   
Orange Glazed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

31 Tot Spot's Loaded Tater Tots   
Or Tot Spot's Buffalo Chicken Tater Tots   
Peas and Carrots  
Fresh Baby Carrots  
Watermelon Slices  
Fresh Orange



**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.



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

