



# Welcome to our Lunch Cafe

# Port Jefferson MS

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



2 Chicken Nuggets With Dinner Rolls  
 Orange Glazed Carrots  
 Chilled Red Pepper Strips  
 Fresh NY Local Apple  
 Diced Peach Cup




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

4 Chicken Parm "Poppers" Over Pasta  
 Black Beans  
 Celery Sticks  
 Fresh NY Local Apple  
 Diced Pear Cup



5 Nachos with Cheese  
 Or Classic Tex Mex Burrito  
 Roasted Kale  
 Caesar Salad  
 Fresh Banana  
 Fresh NY Local Apple

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



9 Spicy Chicken Sandwich  
 Orange Glazed Carrots  
 Chilled Red Pepper Strips  
 Fresh NY Local Apple  
 Diced Peach Cup

10 Sausage, Egg and Cheese Sandwich  
 Or Veggaböls BBQ Chickpea Rice Bowl  
 Sweet Potato Fries  
 Fresh Orange  
 Mixed Fruit




11 Crispy Popcorn Chicken  
 Black Beans  
 Oven Baked Fries  
 Fresh NY Local Apple  
 Diced Pear Cup

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



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



16 Homemade Chicken & Broccoli Alfredo  
 Steamed Carrots  
 Chilled Red Pepper Strips  
 Fresh NY Local Apple  
 Diced Peach Cup




17 Grilled Cheese Sandwich  
 Or NY Yogurt, Peach & Granola Parfait  
 Sweet Potato Fries  
 Mixed Fruit  
 Fresh Orange

18 Chicken Nuggets With Dinner Rolls  
 Baked Beans  
 Oven Baked Fries  
 Apple Slices  
 Diced Pear Cup




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

22 Homemade Mac & Cheese  
 Or Veggaböls Rainbow Hummus Rice Bowl  
 Sweet Corn  
 Oven Baked Fries  
 Fresh NY Local Apple  
 Diced Pear Cup



23 Pizza Bagel  
 Or Chicken Caesar Salad  
 Oven Baked Fries  
 Fresh Baby Carrots  
 Fresh Banana  
 Diced Peach Cup




24 Chicken, Bacon and Cheese Sandwich  
 Or Springtime Grilled Cheese  
 Sweet Potato Fries  
 Roasted Kale  
 Fresh Orange  
 Mixed Fruit

25 NY Beef Burger  
 Or Beef Hot Dog on Bun  
 Oven Baked Fries  
 Cinnamon & Honey Roasted Beans  
 Fresh NY Local Apple  
 Watermelon Slices



SCHOOL CLOSED TODAY

29



30 Chicken Nuggets With Dinner Rolls  
 Orange Glazed Carrots  
 Chilled Red Pepper Strips  
 Fresh NY Local Apple  
 Diced Peach Cup

31 Mozzarella Sticks  
 Spaghetti Sauce  
 Or Veggaböls BBQ Chickpea Rice Bowl  
 Sweet Potato Fries  
 Fresh Orange  
 Mixed Fruit

**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 or Turkey & Cheese Sandwich ,Hamburger, Cheeseburger ,Chicken Patty, Bagel Lunch with 2oz cheese stick , Pizza, Smoothies, and Yogurt Parfait

