



Welcome to our Lunch Cafe

Port Jefferson Edna Louise Spear Elementary

November 2022



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 Soft Tacos 🌱
Or Crispy Tacos 🌱
Steamed Carrots
Chilled Red Pepper Strips
Fresh Orange
Diced Pear Cup



2 Cheesy Stuffed Bread Sticks 🌱
With Marinara Sauce
Sweet Potato Fries
Cucumber Coins
Fresh Orange
Mixed Fruit



3 Grilled Cheese Sandwich 🌱
Or Crispy Chicken Sandwich
Cinnamon & Honey Roasted Beans
Oven Baked Fries
Fresh NY Local Apple
Diced Peaches

National Sandwich Day



4 Classic Cheese Pizza 🌱 🌱
Steamed Broccoli
Caesar Salad
Cucumber Coins
Fresh Banana
Cinnamon Applesauce

7 French Bread Pizza 🌱
Cauliflower Popcorn
Fresh Baby Carrots
Fresh NY Local Apple
Mixed Dried Fruit



8 Chicken Nuggets With Whole Wheat Dinner Roll
Or Pizza Crunchers 🌱
Steamed Carrots
Chilled Red Pepper Strips
Fresh Pear
Cinnamon Applesauce


9 Egg and Cheese Sandwich 🌱
Or Fluffy Whole Grain Waffles 🌱
Sweet Potato Fries
Cucumber Coins
Fresh Orange
Mixed Fruit



10 Crispy Popcorn Chicken Or BBQ Chicken Sauce & Toss
With Homemade Garlic Bread
Oven Baked Fries
Baked Beans
Diced Peaches
Fresh NY Local Apple

Lucky Tray Day!

11



14 Homemade Mac & Cheese 🌱 🌱
Sweet Corn
Fresh Baby Carrots
Fresh NY Local Apple
Cinnamon Applesauce




15 Chicken Nuggets With Whole Wheat Dinner Roll
Or Cheeseburger
Steamed Carrots
Chilled Red Pepper Strips
Fresh Orange
Diced Pear Cup

16 Homemade Waffles 🌱 🌱
With Turkey Sausage Patty
Sweet Potato Fries
Cucumber Coins
Mixed Fruit
Fresh Orange




17 Hot Open Turkey Sandwich with Gravy
Or Beef Hot Dog on Bun
Oven Baked Fries
Cinnamon & Honey Roasted Beans
Mixed Fruit
Fresh NY Local Apple

18 Classic Cheese Pizza 🌱 🌱
Steamed Broccoli
Caesar Salad
Fresh Banana
Diced Pear Cup




21 Classic Cheese Pizza 🌱 🌱
Cauliflower Popcorn
Fresh Baby Carrots
Mixed Fruit
Fresh NY Local Apple




IT'S STUDENT APPRECIATION DAY

22 **Half Day**
No School Lunch


23



24



25



28 Cinnamon French Toast 🌱
With Strawberry Yogurt
Sweet Corn
Fresh Baby Carrots
Fresh NY Local Apple
Cinnamon Applesauce

National French Toast Day

29 Chicken Nuggets Or Pizza Bagel 🌱 🌱
Steamed Carrots
Chilled Red Pepper Strips
Fresh Pear
Cinnamon Applesauce

30 Whole Grain Pancakes with Sausage
Sweet Potato Fries
Cucumber Coins
Mixed Fruit
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.

*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 Sandwich, Ham & Cheese, or Cheese Sandwich, Bagel Lunch, Yogurt Lunch, Yogurt Parfait, Garden or Caesar Salad with Cheese or Chicken & Dinner rolls
Lunches include Vegetable choice, Fruit or Fruit juice choice and Milk choice FF Chocolate milk or 1%

