



# Welcome to our Lunch Cafe

# Port Jefferson MS

# 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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1 Baked Chicken Tenders With Dinner Rolls  
Orange Glazed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

2 Egg and Cheese Sandwich  
With Turkey Sausage Patty Or Bacon  
Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

**BRUNCH FOR LUNCH TODAY!**

3 Cheese Panini  
Or Hot Open Turkey Sandwich with Gravy  
Sriracha Garbanzo Beans  
Oven Baked Fries  
Fresh NY Local Apple  
Diced Pear Cup

**National Sandwich Day**

4 Homemade Veggie & Cheese Stromboli  
Sauteed Spinach  
Caesar Salad  
Fresh NY Local Apple  
Fresh Banana

*school lunch lots 2 love*

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

**MEATLESS MONDAY**

8 NY Beef Burger Or Cheeseburger  
Baby Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

9 Pizza Crunchers  
Or Veggabol BBQ Chickpea Rice Bowl  
Sweet Potato Fries  
Fresh Orange  
Mixed Fruit

**VEGGABOLS**  
PLANT BASED ENTREES

10 Crispy Popcorn Chicken Or BBQ Chicken Sauce & Toss  
Sriracha Garbanzo Beans  
Fresh NY Local Apple  
Diced Pear Cup

11 **IT'S VETERANS DAY**

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

**MEATLESS MONDAY**

15 Classic Tex Mex Burrito Or Cheese Quesadilla  
Chilled Red Pepper Strips  
Sauteed Corn & Black Bean Salsa  
Fresh NY Local Apple  
Diced Peach Cup

16 Meatball Hero Or NY Yogurt, Peach & Granola Parfait  
Sweet Potato Fries  
Mixed Fruit  
Fresh Orange

17 Chicken Nuggets With Dinner Rolls Or Grilled Cheese Sandwich  
Baked Beans  
Oven Baked Fries  
Apple Slices  
Diced Pear Cup

18 Buffalo Chicken Pizza Garden Salad  
Fresh Baby Carrots  
Applesauce  
100% Apple Juice

*ChooseMyPlate.gov*

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

**MEATLESS MONDAY**

22 Nachos Grande Or Cheese Quesadilla  
Fresh Baby Carrots  
Sauteed Corn & Black Bean Salsa  
Fresh Banana  
Diced Peach Cup

**IT'S STUDENT APPRECIATION DAY**

23

24 **THANKSGIVING DAY**

25

28 Cinnamon French Toast  
With Turkey Sausage Patty  
Oven Baked Fries  
Sweet Corn  
Fresh NY Local Apple  
100% Apple Juice

**National French Toast Day**

29 Baked Chicken Tenders With Dinner Rolls  
Orange Glazed Carrots  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

**PRIDE OF NEW YORK**

30 Spicy Chicken Sandwich Or Veggabol BBQ Chickpea Rice Bowl  
Fresh Orange  
Mixed Fruit  
Sweet Potato Fries

**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 \$0.00

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

