

Lunch Menu

Port Jefferson Earl L Vandermeulen HS

October 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



7 Cheesy Stuffed Bread Sticks
With Marinara Sauce
Sweet Corn
Cucumber Coins
Fresh Banana
Fresh NY Local Apple

8 Baked Chicken Breast
Crispy Potato Puffs
Glazed Carrots
Fresh NY Local Apple
Fresh Orange

9 French Patty Melt
Or Veggaböl BBQ Chickpea Rice Bowl
Sweet Potato Fries
Fresh Cucumber Salad
Fresh Orange
Apple with Caramel Sauce

10 Chicken & Cheese Bowl
Or Walking Taco
Cinnamon & Honey
Roasted Beans
Steamed Broccoli
Pineapple
Fresh Banana

11 Homemade Baked Pasta with Cheese
Caesar Salad
Fresh Baby Carrots
Applesauce
Fresh Banana

14

15 Chicken Gyro
Or Grilled Cheese Sandwich
Meltdown Café
Steamed Carrots
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

16 French Bread Pizza
Or Tomato & Cheese Griller
Meltdown Café
Mixed Vegetables
Steamed Carrots
Mixed Fruit
Fresh Orange
Sweet Potato Fries

17 Pasta with Chicken & Sautéed Broccoli
Sriracha Garbanzo Beans
Green Beans
Apple Slices
Diced Pear Cup

National Pasta Day

18 Homemade Veggie & Cheese Stromboli
Homemade Buffalo Chicken Stromboli
Garden Salad
Fresh Baby Carrots
Applesauce
Sliced Oranges

21 Homemade Mac & Cheese
Or Veggaböl BBQ Chickpea Rice Bowl
Sweet Corn
Oven Baked Fries
Fresh NY Local Apple
Diced Pear Cup

22 Chicken Nuggets
Or Cheese Quesadilla
Beets
Fresh Baby Carrots
Fresh Banana
Diced Peach Cup

23 Whole Grain Waffles with Sausage
Sweet Potato Fries
Oven Baked Fries
Fresh Orange
Mixed Fruit

24 BBQ Chicken Sauce & Toss
Oven Baked Fries
Cinnamon & Honey
Roasted Beans
Fresh NY Local Apple
Diced Pear Cup

25 Homemade Baked Pasta with Cheese
Caesar Salad
Fresh Baby Carrots
Applesauce

28 Mozzarella Sticks
With Marinara Sauce Dip
Or Chicken Caesar Salad
Sweet Corn
Cucumber Coins
Fresh NY Local Apple

29 Beef Hot Dog on Bun
Or Crispy Chicken Sandwich
Oven Baked Fries
Fresh NY Local Apple
Diced Peach Cup

30 Homemade three Cheese Calzone
Or Pepperoni and Cheese Calzone
Or Homemade Broccoli Calzone
Sweet Potato Fries
Green Bean Salad
Fresh Orange
Pineapple

31 French Bread Pizza
Or Smokehouse Burger
Cinnamon & Honey
Roasted Beans
Steamed Broccoli
Pineapple
Fresh Banana

HARVEST of the month beets

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.

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Food Service Office
631-791-4485
Free \$0.00
Reduced \$0.00
Paid \$4.20

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

