



Welcome to our Lunch Cafe

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday

Tuesday

Wednesday

Thursday

Friday

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.



2021

4 Mozzarella Sticks
Marinara Sauce Dip
Bagel with String Cheese
Yogurt Lunch
Ham & Cheese Sandwich
Sweet Corn
Fresh Baby Carrots
Diced Pear Cup
Fresh NY Local Apple

5 Nachos Grande
Ham & Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Baked Beans
Fresh Baby Carrots
Diced Peaches
Strawberry Cup

6 Bus Meal Delivery

7 Crispy Chicken Sandwich
Ham & Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Oven Baked Fries
Celery Sticks
Mixed Fruit
Fresh Orange

8 Classic Cheese Pizza
Ham & Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Steamed Broccoli
Cucumber Coins
Applesauce
Fresh NY Local Apple

11 Bagel with String Cheese
Chicken Nuggets
Yogurt Lunch
Turkey & Cheese Sandwich
Baked Beans
Sweet Corn
Fresh Baby Carrots
Diced Pear Cup
Fresh NY Local Apple

12 Meatball Dunkers
With Club Roll
Turkey & Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Oven Baked Fries
Fresh Baby Carrots
Diced Pear Cup
Fresh NY Local Apple

13 Bus Meal Delivery

14 Whole Grain Waffles with Sausage
Turkey & Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Sweet Potato Fries
Celery Sticks
Diced Peaches
Fresh Orange

15 French Bread Pizza
Turkey & Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Steamed Broccoli
Cucumber Coins
Applesauce
Fresh NY Local Apple

18 No School

19 Nachos Grande
Yogurt Lunch
Cheese Sandwich
Bagel with String Cheese
Baked Beans
Fresh Baby Carrots
Mixed Fruit
Fresh NY Local Apple

20 Bus Meal Delivery

21 Crispy Chicken Sandwich
Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Oven Baked Fries
Fresh Baby Carrots
Diced Peaches
Fresh Orange

22 Classic Cheese Pizza
Cheese Sandwich
Yogurt Lunch
Bagel with String Cheese
Steamed Broccoli
Cucumber Coins
Applesauce
Fresh NY Local Apple

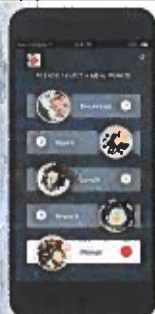
25 Mozzarella Sticks
Marinara Sauce Dip
Ham & Cheese Sandwich
Bagel with String Cheese
Yogurt Lunch
Sweet Corn
Fresh Baby Carrots
Strawberry Cup
Fresh NY Local Apple

26 Chicken Nuggets
Bagel with String Cheese
Yogurt Lunch
Ham & Cheese Sandwich
Baked Beans
Fresh Baby Carrots
Diced Peaches
Fresh Orange

27 Bus Meal Delivery

28 NY Beef Burger
Or Cheeseburger
Bagel with String Cheese
Yogurt Lunch
Ham & Cheese Sandwich
Oven Baked Fries
Fresh Pear
Fresh Orange

29 Classic Cheese Pizza
Yogurt Lunch
Ham & Cheese Sandwich
Steamed Broccoli
Cucumber Coins
Mixed Fruit
Fresh NY Local Apple



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

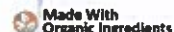


If you have any questions concerning this menu please contact the Food Service General Manager 631-878-0092 ext 274

Available Daily: Pre made Sandwiches: Turkey & Cheese /Turkey/ (P)Ham & Cheese/ (P)Ham/ Cheese/ and Cheese Sandwich - Bagel Lunch - Yogurt Lunch Lunch includes Vegetable choice, fruit choice, Milk choice -Skim Milk, 1% milk, fat free chocolate milk

We offer Breakfast Daily

Don't forget to stop by the Cafe for breakfast during the hours of 8am to 9:15am Go to Myschoolbucks.com register your child and prepay for meals and or snack on line. If you have any questions or would like additional information regarding this menu, please contact the Food Service (631)878-0092 ext 274



*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. This institution is an equal opportunity provider.