

Welcome to our Lunch Cafe at...

Hauppauge Forest Brook Elem

January 2019

MEATLESS MONDAY

Monday

HARVEST of the MONTH



Tuesday

1

HAPPY NEW YEAR !

Wednesday

2

Chicken Nuggets
Pretzel Mini Sticks WG
Glazed Carrots
Sweet Corn
Fresh Apple
Mixed Berry Cup

Thursday

3

Sausage, Egg and Cheese Sandwich
Crispy Potato Puffs
Cinnamon & Honey Roasted Beans
Fresh Orange
Sliced Peaches

BRUNCH FOR LUNCH TODAY!

Friday

4

Cheese Pizza
Side Garden Salad
Fresh Baby Carrots
Fresh Grapes
Mixed Fruit

7

Chicken Nuggets
Whole Wheat Dinner Roll
Crispy Potato Puffs
Buttered Corn
Sliced Oranges
Cinnamon Applesauce

8

Chicken Cheese Quesadilla
Mexican Style Rice
Black Beans
Sweet Corn
Watermelon Slices
Fresh Apple

9

Meatball Hero
Celery
Fresh Baby Carrots
Fresh Pear
Fresh Orange

10

BLT Burger
Baked Beans
Crispy Potato Puffs
Fresh Apple
Fresh Orange

11

Cheese Pizza
Cucumber Coins
Steamed Broccoli
Fresh Banana
Organic Sliced Strawberries

14

Chicken Nuggets
Whole Wheat Dinner Roll
Crispy Potato Puffs
Sweet Corn
Sliced Oranges
Cinnamon Applesauce

15

Soft Tacos
Mexican Style Rice
Green Pepper Slices
Red Pepper Strips
Fresh Blueberries
Mixed Fruit

16

Mozzarella Sticks
Tomato Sauce Dip
Whole Wheat Dinner Roll
Cauliflower Popcorn
Spinach Salad
Fresh Banana
Fresh Apple

17

Fluffy Whole Grain Pancakes
Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Cinnamon & Honey Roasted Beans
Mixed Berry Cup

BRUNCH FOR LUNCH TODAY!

18

Cheese Pizza
Grape Tomatoes
Green Bean Salad
Fresh Orange
Fresh Apple

21

MARTIN LUTHER KING JR DAY

School Closed

22

Grilled Cheese Sandwich
Sweet Potato Fries
Cucumber Coins
Honeydew and Cantaloupe Cup
Fresh Apple

23

Chicken Parmesan Sandwich
Tomato Salad
Sliced Zucchini
Fresh Grapes
Fresh Banana

24

Chicken Corn Dog
Baked Beans
Glazed Carrots
Sliced Oranges
Fresh Apple

25

Cheese Pizza
Steamed Broccoli
Celery Sticks
Mixed Fruit

28

Chicken Nuggets With Brown Rice
Sweet Corn
Green Bean Salad
Cinnamon Applesauce
100% Juice Fruit Punch

29

Nachos Grande
Brown Rice
Black Beans
Grape Tomatoes
Pineapple Cup

30

Meatball Dunkers
Pasta with Butter
Broccoli Bites
Fresh Baby Carrots
Fresh Orange

IT'S STUDENT APPRECIATION DAY

31

Whole Grain French Toast
Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Cinnamon & Honey Roasted Beans
Mixed Berry Cup

BRUNCH FOR LUNCH TODAY!

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



A Full Meal Consists of 5 Food Component:
Meat/Meat Alternative
Grains
Vegetables
Fruits
Milk
Children must take at least 3 out of the 5 components one of which must be a Fruit or Vegetable.

Reimbursable Lunch Prices-Lunch \$1.75 Reduced Lunch \$0.25
Prepaid Lunches Available- Checks Payable to Hauppauge Lunch Fund
Daily Alternative Entree Choices :Turkey, Cheese or Chicken Caesar on whole wheat wrap/Salad Entree with whole wheat roll/Yogurt Lunch/ Whole Grain Bagel with butter or low fat cream cheese .
Available Daily a variety of Fresh/Cupped Fruits and Veggie Sticks with low fat dip,Romaine & Tomato Side Salad, assorted condiments & 100% Juice Selection & Low fat & Fat Free Milk Selection For additional information regarding this menu please contact FSD Kim Lastukva at 631-761-8364 lastukvak@hauppauge.k12.ny.u

This institution is an equal opportunity provider.

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.