

# Welcome to our Lunch Cafe at...

Hauppauge Bretton Woods 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.