



Welcome to our Lunch Cafe

Hauppauge Forest Brook Elem

October 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.



Monday

Tuesday

Wednesday

Thursday

Friday

3 Cheesy Stuffed Bread Sticks

Marinara Sauce
Cucumber Coins
Sliced Oranges

4 Chicken Nuggets
Whole Wheat Dinner Roll
Crispy Potato Puffs
Steamed Carrots
Applesauce

5

SCHOOL CLOSED TODAY

6 Whole Grain Waffles with Sausage
Cinnamon & Honey
Roasted Beans
Crispy Potato Puffs
Diced Pear Cup

7 Classic Cheese Pizza

Broccoli Florets
Fresh Baby Carrots
Apple Slices

10

SCHOOL CLOSED TODAY

11 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Crispy Potato Puffs
Steamed Carrots
Applesauce

12 Pizza Crunchers

Grape Tomatoes
Caesar Salad
Diced Peaches

13 Cheeseburger
Baked Beans
Crispy Potato Puffs
Mixed Fruit

14 Classic Cheese Pizza

Broccoli Florets
Fresh Baby Carrots
Apple Slices

17 Homemade Mac & Cheese

Cucumber Coins
Sliced Oranges

18 Chicken Nuggets
Whole Wheat Dinner Roll
Crispy Potato Puffs
Steamed Carrots
Applesauce

19 Mozzarella Sticks

Marinara Sauce
Grape Tomatoes
Caesar Salad
Diced Peaches

20 Whole Grain Waffles with Sausage
Syrup
Cinnamon & Honey
Roasted Beans
Crispy Potato Puffs
Diced Pear Cup

21 Classic Cheese Pizza

Broccoli Florets
Fresh Baby Carrots
Apple Slices

24 Cheesy Stuffed Bread Sticks

Marinara Sauce
Cucumber Coins
Sliced Oranges

25 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Crispy Potato Puffs
Steamed Carrots
Applesauce

26 Meatball Dunkers

Pasta with Butter
Grape Tomatoes
Caesar Salad
Diced Peaches

27 Soft Tacos
Salsa
Sour Cream
Black Beans
Sweet Corn
Mixed Fruit

28 Classic Cheese Pizza

Broccoli Florets
Fresh Baby Carrots
Apple Slices

31 Grilled Cheese Sandwich

Fresh Baby Carrots
Raisins
Apple Slices
1% Milk

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.

*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.



Full Meal Consists of 5 Components

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

Vegetarian Vegetable Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

Reimbursable Lunch Prices- Elementary Lunch \$2.00 Reduced Lunch

\$0.00 Adults \$ 5.11 plus tax Prepaid Lunches - Checks Payable

to Hauppauge Lunch Fund Daily Alternative Entrée Choice Yogurt Lunch/ Whole Grain Bagel with butter or low fat cream cheese . Daily

Alternatives served with a variety of Fresh/Cupped Fruits and vegetables, assorted condiments & 100% Juice Selection & Low fat

& Fat Free Milk Selection ..For additional information regarding this menu contact Kim Lastukva at 631-761-8364 or

lastukvak@hauppauge.k12.ny.us