

Welcome to our Lunch Cafe at...

Hauppauge Bretton Woods Elem

February 2019

MEATLESS MONDAY

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.



- 1 Pizza Bite & Mozzarella Stick Combo
Side Garden Salad
Fresh Baby Carrots
Fresh Grapes
Mixed Fruit

SUPER BOWL PARTY

- 4 Chicken Nuggets
Whole Wheat Dinner Roll
Or Pizza Bites
Crispy Potato Puffs
Buttered Corn
Sliced Oranges
Cinnamon Applesauce

- 5 Steamed Dumplings
With Light Soy Sauce
Or Crispy Chicken Sandwich
Steamed Carrots
Oriental Vegetable Blend
Mixed Berry Cup
Fresh Apple

Chinese New Year- The year of the Pig
relieve a free fortune cookie with lunch

IT'S STUDENT APPRECIATION DAY

- 6 Meatball Hero
Tomato Salad
Sliced Zucchini
Diced Pear Cup
Fresh Orange

- 7 BLT Burger
Or Crispy Chicken Sandwich
Baked Beans
Baked Sweet Potato
Fresh Apple
Mixed Fruit

- 8 Classic Cheese Pizza
Cucumber Coins
Steamed Broccoli
Fresh Banana
Strawberry Cup

- 11 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Or Pizza Bites
Crispy Potato Puffs
Sweet Corn
Sliced Oranges
Cinnamon Applesauce

- 12 Soft Tacos
Mexican Style Rice
Or Crispy Chicken Sandwich
Green Pepper Slices
Red Pepper Strips
Fresh Blueberries
Mixed Fruit

- 13 Stuffed Bread
Tomato Sauce Dip
Cauliflower Popcorn
Spinach Salad
Fresh Banana
Fresh Apple

- 14 Fluffy Whole Grain Pancakes
Syrup
Turkey Sausage Patty
Or Crispy Chicken Sandwich
Crispy Potato Puffs
Cinnamon & Honey
Roasted Beans
Diced Peach Cup

BRUNCH FOR LUNCH TODAY!

- 15 Classic Cheese Pizza
Grape Tomatoes
Caesar Salad
Fresh Orange
Fresh Apple

18

19

20
Mid Winter Recess
School Closed
February 18 thru 22

21

22

- 25 Crispy Popcorn Chicken
With Brown Rice
Sweet Corn
Or Pizza Bites
Green Bean Salad
Cinnamon Applesauce
100% Juice Fruit Punch

- 26 Nachos Grande
Brown Rice
Or Crispy Chicken Sandwich
Black Beans
Grape Tomatoes
Pineapple Cup

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

IT'S STUDENT APPRECIATION DAY

- 28 Whole Grain French Toast
Syrup
Turkey Sausage Patty
Or Crispy Chicken Sandwich
Crispy Potato Puffs
Cinnamon & Honey
Roasted Beans
Mixed Berry Cup

BRUNCH FOR LUNCH TODAY!

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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.

This institution is an equal opportunity provider.

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



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.