

# Welcome to our Lunch Cafe at...

Hauppauge Bretton Woods Elem

March 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

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

National School Breakfast Week  
March 4-8th cereal lunches  
available everyday for lunch this week

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

- 6 Meatball Hero  
Or Pizza Bagel   
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   
Or Pizza Bagel   
Cauliflower Popcorn  
Spinach Salad  
Fresh Banana  
Fresh Apple

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

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

- 18 Chicken Nuggets  
Whole Wheat Dinner Roll  
Pizza Bites   
Crispy Potato Puffs  
Sweet Corn  
Sliced Oranges  
Cinnamon Applesauce

- 19 Grilled Cheese Sandwich   
Or Crispy Chicken Sandwich  
Sweet Potato Fries  
Cucumber Coins  
Honeydew and Cantaloupe Cup  
Fresh Orange

- 20 Mozzarella Sticks   
Pasta with Butter  
Or Pizza Bagel   
Broccoli Bites  
Tomato Salad  
Fresh Grapes  
Fresh Apple

- 21 Chicken Corn Dog  
Or Crispy Chicken Sandwich  
Baked Beans  
Glazed Carrots  
Sliced Oranges  
Mixed Fruit

LUCKY TRAY DAY...find a lucky ticket on your tray and receive a free cookie

- 22 Classic Cheese Pizza   
Steamed Broccoli  
Cucumber Coins  
Mixed Fruit  
Fresh Apple

- 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  
Diced Peach Cup

- 27 Meatball Dunkers   
Pasta with Butter  
Or Pizza Bagel   
Broccoli Bites  
Fresh Baby Carrots  
Fresh Orange  
Mixed Fruit

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   
Fresh Banana  
Mixed Berry Cup

BRUNCH FOR LUNCH TODAY!

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



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



A Full Meal Consists of 5 Food 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 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.us

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.