

Lunch Menu

Hauppauge Middle School

October
2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

- 2 Cheesy Stuffed Bread Sticks 
Marinara Sauce
Steamed Peas
Green Beans
Sliced Oranges

MEATLESS MONDAY

Tuesday

- 3 Baked Chicken Tenders
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear

Wednesday


- 4 Meatball Hero
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Apple

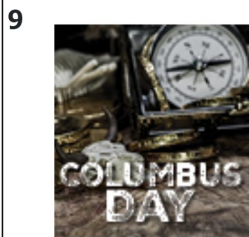
Thursday

- 5 Cinnamon French Toast 
Syrup
Cinnamon & Honey
Roasted Beans
Orange Glazed Carrots
Fresh Banana

BRUNCH FOR LUNCH TODAY!

Friday

- 6 Steamed Dumplings 
Light Soy Sauce
Steamed Broccoli
Pepper Strips
Pineapple Cup



- 9

- 10 Yard Bird Classic
Chicken Sandwich
Steamed Carrots
Sweet Corn
Fresh Pear

- 11 Chicken Parmesan
Sandwich
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Orange

- 12 Bacon Cheeseburger 
Baked Beans
Crispy Potato Puffs
Fresh Grapes

- 13 Chicken Cheese
Quesadilla
Brown Rice
Sour Cream
Salsa
Broccoli Florets
Pepper Strips
Fresh Apple
WG Sugar Cookie

IT'S STUDENT APPRECIATION DAY


- 16 Homemade Mac & Cheese 
Sweet Corn
Green Beans
Sliced Oranges

- 17 Crispy Chicken
Drumstick
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear

- 18 Baked Pasta with
Homemade Meat Sauce 
Whole Wheat Dinner Roll
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Apple

- 19 Sausage, Egg and
Cheese Sandwich
Cinnamon & Honey
Roasted Beans
Crispy Potato Puffs
Fresh Banana

BRUNCH FOR LUNCH TODAY!

- 20 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 
Brown Rice
Broccoli Florets
Pepper Strips
Pineapple Cup

- 23 Cheesy Stuffed Bread Sticks 
Marinara Sauce
Steamed Peas
Green Beans
Sliced Oranges

- 24 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear

- 25 Mozzarella Sticks 
Pasta with Sauce
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Apple

- 26 Fluffy Whole Grain
Waffles 
Turkey Sausage Patty
Cinnamon & Honey
Roasted Beans
Orange Glazed Carrots
Fresh Banana

BRUNCH FOR LUNCH TODAY!

- 27 Chicken and Cheese
Ranch Wrap
Pepper Strips
Caesar Salad
Pineapple Cup
Potato Chips

IT'S STUDENT APPRECIATION DAY

- 30 Cheesy Stuffed Bread Sticks 
Marinara Sauce
Steamed Peas
Green Beans
Sliced Oranges

- 31 Chicken Nuggets
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear



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

Grain

Vegetable

Fruit

Milk

Children must choose 3 out of the 5 one

being a fruit or a vegetable

Reimbursable Lunch Prices-MS Student Lunch \$2.35 Reduced Lunch \$0.00

Adult Lunch \$5.50 plus tax Prepaid Lunches - Checks Payable to Hauppauge Lunch

Fund Available Daily : Burgers & Chicken Sandwiches ,Organic Parfaits , Bagel

Lunches with string cheese Salads Lunches ,Assorted Fruit & Veggies sides , Assorted

condiments. Above lunches include Meat/Meat Alternative, Grain ,Vegetable &Fruit

choices or 100% Fruit Juice/Low Fat or Fat Free Milk Selection . If you have questions

regarding this menu please contact Kim Lastuvka at 761-8364 or

lastuvkak@hauppauge.k12.ny.us

