

Lunch Menu

Hauppauge Middle School

January
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1



2

Baked Chicken Tenders
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear
Diced Peach Cup

3

Meatball Hero
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Apple
Diced Peach Cup

4

Cinnamon French Toast
Syrup
Cinnamon & Honey Roasted Beans
Orange Glazed Carrots
Fresh Banana
Diced Peach Cup



5

Steamed Dumplings
Light Soy Sauce
Steamed Broccoli
Pepper Strips
Pineapple Cup
Diced Peach Cup

8

Cheesy Stuffed Bread Sticks
Marinara Sauce
Steamed Peas
Green Beans
Sliced Oranges
Diced Peach Cup

9

Yard Bird Classic Chicken Sandwich
Steamed Carrots
Sweet Corn
Fresh Pear
Diced Peach Cup

10

Chicken Parmesan Sandwich
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Orange
Diced Peach Cup

11

Bacon Cheeseburger
Baked Beans
Crispy Potato Puffs
Fresh Grapes
Diced Peach Cup

12

Chicken Cheese Quesadilla
Brown Rice
Sour Cream
Salsa
Broccoli Florets
Pepper Strips
Fresh Apple
WG Sugar Cookie
Diced Peach Cup

IT'S STUDENT APPRECIATION DAY

15



16

Breaded Chicken Thigh
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear
Diced Peach Cup

17

Baked Pasta with Homemade Meat Sauce
Whole Wheat Dinner Roll
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Apple
Diced Peach Cup

18

Sausage, Egg and Cheese Sandwich
Cinnamon & Honey Roasted Beans
Crispy Potato Puffs
Fresh Banana
Diced Peach Cup



19

General Tso's Chicken *crispy chicken with broccoli in General Tso's sauce*
Brown Rice
Broccoli Florets
Pepper Strips
Pineapple Cup
Diced Peach Cup

22

Cheesy Stuffed Bread Sticks
Marinara Sauce
Steamed Peas
Green Beans
Sliced Oranges
Diced Peach Cup

23

Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear
Diced Peach Cup

24

Mozzarella Sticks
Pasta with Sauce
Chilled Red Pepper Strips
Fresh Cucumber Salad
Fresh Apple
Diced Peach Cup

25

Fluffy Whole Grain Waffles
Turkey Sausage Patty
Cinnamon & Honey Roasted Beans
Orange Glazed Carrots
Fresh Banana
Diced Peach Cup



26

Chicken and Cheese Ranch Wrap
Pepper Strips
Caesar Salad
Pineapple Cup
Potato Chips
Diced Peach Cup

IT'S STUDENT APPRECIATION DAY

29

Cheesy Stuffed Bread Sticks
Marinara Sauce
Steamed Peas
Green Beans
Sliced Oranges
Diced Peach Cup

30

Chicken Nuggets
Whole Wheat Dinner Roll
Steamed Carrots
Sweet Corn
Fresh Pear
Diced Peach Cup

31

Homemade Mac & Cheese
Sweet Corn
Green Beans
Sliced Oranges
Diced Peach Cup



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

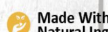
Milk

Children must choose 3 out of the 5 one

being a fruit or a vegetable



Vegetarian



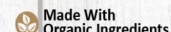
Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

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.u