

# Lunch Menu

## Hauppauge Middle School

February  
2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

**MEATLESS MONDAY**


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

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

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


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

BRUNCH FOR LUNCH TODAY!

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

12 Homemade Mac & Cheese   
Whole Wheat Dinner Roll  
Sweet Corn  
Green Beans  
Sliced Oranges  
Diced Peach Cup


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

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



15 Sausage, Egg and Cheese Sandwich  
Cinnamon & Honey  
Roasted Beans  
Crispy Potato Puffs  
Apple Slices  
Diced Peach Cup

BRUNCH FOR LUNCH TODAY!

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

19

20

**WINTER RECESS!  
SCHOOL CLOSED**

23

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

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

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

29 Fluffy Whole Grain Waffles   
Syrup  
Turkey Sausage Patty  
Cinnamon & Honey  
Roasted Beans  
Orange Glazed Carrots  
Fresh Banana  
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](http://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

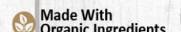
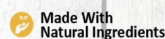
Vegetable

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.u](mailto:lastuvkak@hauppauge.k12.ny.u)