

Lunch Menu

Commack Intermediate Schools

June 2024

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


Monday

3 Egg and Cheese Sandwich 
Sweet Corn
Cucumber Coins
Fresh Blueberries
Guava


National Egg Day




Tuesday



4 Cheesy Stuffed Bread Sticks 
With Marinara Sauce
Dip
Steamed Spinach
Fresh Baby Carrots
Papaya
Strawberries


Wednesday

5 Fluffy Whole Grain Waffles 
With Light Mozzarella
Cheese Stick
Roasted Butternut
Squash
Green Pepper Slices
Fresh Blackberries
Dragon Fruit



Thursday

6 Homemade Mac & Cheese  
Baked Beans
Crispy Potato Puffs
Pineapple
Starfruit



Friday


7 Classic Cheese Pizza  
Steamed Carrots
Side Garden Salad
Fresh Orange
Diced Pear Cup




10 Mozzarella Sticks 
With Marinara Sauce
Dip
Sweet Corn
Cucumber Coins
Guava
Watermelon Slices

Lucky Tray Day!





11 Grilled Cheese Sandwich 
Green Beans
Fresh Baby Carrots
Fresh Blackberries
Fresh Green Grapes





12 Cheesy Stuffed Bread Sticks 
With Marinara Sauce
Dip
Roasted Butternut
Squash
Green Pepper Slices
Dragon Fruit
Pineapple



Find the sticker on the bottom of the milk and receive a free smart snack!


13 Classic Cheese Pizza  
Baked Beans
Crispy Potato Puffs
Papaya
Starfruit


14 Homemade Waffles  
Sausage Patty
Steamed Carrots
Side Garden Salad
Fresh Blueberries
Fresh Strawberries

Guest Chef

17 Pizza Bagel  
Sweet Corn
Cucumber Coins
Guava
Mango Cup






18 Fluffy Whole Grain Pancakes 
Light Mozzarella
Cheese Stick
Green Beans
Fresh Baby Carrots
Fresh Blueberries
Starfruit




19

SCHOOL CLOSED TODAY

20 Crispy Popcorn
Chicken
With Whole Wheat
Dinner Roll
Black Beans
Crispy Potato Puffs
Fresh Blackberries
Papaya

21 Classic Cheese Pizza  
Steamed Carrots
Side Garden Salad
Dragon Fruit
Strawberries



24

**Half Day
No Lunch
Served**

25

**Half Day
No Lunch
Served**



26

LAST DAY OF SCHOOL



27




Find Summer Meals:

Text "Food" to 304-304
Visit SummerMealsNY.org
Call 211 or 311 (in NYC)
or 1-866-3-HUNGRY

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HAVE A GREAT SUMMER!



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.



Food Service Office
631-912-2172
Reimbursable Lunch \$2.95
Reduced Lunch \$0
Milk \$.75

PLEASE REPORT ALL ALLERGIES TO THE SCHOOL NURSE. Allergy info is updated in our schools system through the Nurse's Office only

 Vegetarian  Made With Natural Ingredients  Pork  Smart Choice  Made With Organic Ingredients

Lunch includes protein, grain, vegetable, fruit and milk choice:
FF chocolate, FF white or 1% white.

AVAILABLE DAILY:
Popcorn Chicken, Salad w/dinner rolls and cheese sticks, PBJ Sandwich, Turkey Sandwich, Cheese Sandwich, Bagel w/cheese stick, Cereal Lunch.
Fruity Parfait offered on Wednesdays.