

Lunch Menu

Commack High School

April 2024

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

Monday

Tuesday

Wednesday

Thursday


Friday

1







2 Cheesy Stuffed Bread Sticks 
With Marinara Sauce Dip
Green Beans
Fresh Baby Carrots
Fresh Orange
Apple Slices


3 Homemade Mac & Cheese  
Orange Glazed Carrots
Green Pepper Slices
Fresh Baby Carrots
Fresh Orange

4 Mozzarella Sticks 
With Marinara Sauce Dip
Baked Beans
Crispy Potato Puffs
Fresh NY Local Apple
Fresh Pear

5 Meatball Hero
Steamed Broccoli
Fresh Baby Carrots
Fresh Orange
Fresh NY Local Apple




8 Cheesy Stuffed Bread Sticks 
With Marinara Sauce Dip
Or Veggabol Taco Bean
Tortilla Bowl   
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
Mixed Fruit



9 Chicken Parmesan Over Pasta 
Steamed Broccoli
Fresh Baby Carrots
Fresh Orange
Apple Slices



10



11 Incredibowls General Tso's Chicken 
Baked Beans
Crispy Potato Puffs
Fresh NY Local Apple
Fresh Pear



12 Two Cheese Grilled Cheese 
Steamed Broccoli
Fresh Baby Carrots
Fresh Orange
Fresh NY Local Apple

National Grilled Cheese Day

15 Cheesy Stuffed Bread Sticks 
With Marinara Sauce Dip
Or Veggabol BBQ
Chickpea Rice Bowl 
 
Sweet Corn
Celery
Fresh NY Local Apple
Mixed Fruit



16 Buffalo Chicken Mac & Cheese 
Green Beans
Fresh Baby Carrots
Fresh Orange
Apple Slices


17 Grilled Cheese Sandwich 
With Chicken Noodle Soup
Orange Glazed Carrots
Green Pepper Slices
Fresh Pear
Fresh Orange

1 Guest Chef Tony Doing Pasta Wheel!
Crispy Potato Puffs
Fresh NY Local Apple
Fresh Pear

19 Cheese Steak Sandwich 
Sautéed Spinach
Fresh Baby Carrots
Fresh Orange
Fresh NY Local Apple



22



23



24



25



26



29 Cheesy Stuffed Bread Sticks 
With Marinara Sauce Dip
Or Veggabol Fiesta Rice and Beans Bowl  

Sweet Corn
Celery
Fresh NY Local Apple
Mixed Fruit



30 General Tso's Chicken 
With Brown Rice
Green Beans
Fresh Baby Carrots
Fresh Orange
Apple Slices




Food Service Office
631-912-2172

Reimbursable Lunch \$3.15
Reduced Lunch \$0
Milk \$.75

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

Available Daily

Popcorn Chicken, Ham & Cheese/Turkey & Cheese Sandwich, Chicken Patty, Hamburger/Cheeseburger, Spicy Chicken Patty, Bagel w/cheese stick, Chicken w/ Salad, Garden Salad w/2 dinner rolls, Asst. Pizza, Asst Wraps or Fruity Parfaits and Tater Tots.

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.

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