

# **Commack High School**



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

Monday

#### Tuesday

## Wednesday

# **Thursday**

# Friday

SCHOOL CLOSED TODAY

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

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

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

Meatball Hero Steamed Broccoli Fresh Baby Carrots Fresh Órange Fresh NY Local Apple



Cheesy Stuffed Bread Sticks

With Marinara Sauce Dip Or Veggabol Taco Bean Tortilla Bowl 🕜 🤔 🚷

Sweet Corn Cucumber Coins Fresh NY Local Apple Mixed Fruit

Chicken Parmesan Over 9 Pasta 🖔

Steamed Broccoli Fresh Baby Carrots Fresh Orange Apple Slices



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

> IT'S STUDENT APPRECIATION DAY

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

> **National Grilled Cheese Day**

Cheesy Stuffed Bread Sticks

With Marinara Sauce Dip Or Veggabol BBQ Chickpea Rice Bowl

**B** Sweet Corn Celery esh NY Local Apple Mixed Fruit

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

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

**Guest Chef Tony Doing** Pasta Wheel!

Crispy Potato Puffs Fresh NY Local Apple Fresh Pear

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



22

SPRING BREAK! SCHOOL CLOSED

SCHOOL CLOSED TODAY

23

our menus are nutritious and flavorful. View this menu

on the mobile app, FDMealPlanner, or on the web at

\*Consuming raw or under cooked meat, poultry, sea-

SCHOOL CLOSED TODAY

24

25

SCHOOL CLOSED TODAY

26

SCHOOL CLOSED TODAY

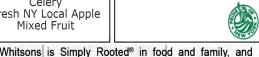
29 Cheesy Stuffed Bread Śticks 🕜

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.

\*\*Menu is subject to change, notice posted when available.

certain medical conditions.

food, shellfish or eggs may increase your risk

of food borne illness, especially if you have

www.FDMealPlanner.com.

\*\*\*In accordance with federal civil rights law





orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.