




















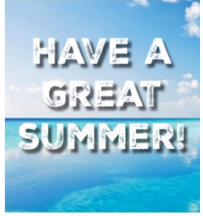


Lunch Menu

Commack High School

June 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Sausage, Egg and Cheese Sandwich Or Veggabol BBQ Chickpea Rice Bowl </p> <p> </p> <p>Sweet Corn Cucumber Coins Fresh Blackberries Dragon Fruit</p> <p> National Egg Day</p>	<p>4</p> <p>Testing No Lunch Served</p>	<p>5 Homemade Mac & Cheese  </p> <p>Orange Glazed Carrots Cucumber Coins Papaya Starfruit</p> <p></p>	<p>6 Mozzarella Sticks </p> <p>With Marinara Sauce Dip Baked Beans Crispy Potato Puffs Guava Pineapple</p> <p>IT'S STUDENT APPRECIATION DAY</p>	<p>7 Baked Chicken Breast Whole Wheat Dinner Roll Steamed Broccoli Fresh Baby Carrots Starfruit Fresh Strawberries</p> <p></p>
<p>10 Mozzarella Sticks </p> <p>With Marinara Sauce Dip Or Veggabol Taco Bean Tortilla Bowl </p> <p> </p> <p>Sweet Corn Cucumber Coins Fresh Blueberries Fresh Grapes</p> <p></p>	<p>11 Oven Roasted Chicken Breast Brown Rice Green Beans Fresh Baby Carrots Dragon Fruit Mango Cup Whole Wheat Dinner Roll</p> <p></p>	<p>12 Two Cheese Grilled Cheese </p> <p>Sweet Potato Fries Green Pepper Slices Fresh Blackberries Guava</p>	<p>13 Cheesy Stuffed Bread Sticks </p> <p>With Marinara Sauce Dip Baked Beans Crispy Potato Puffs Starfruit Papaya</p> <p></p>	<p>14</p> <p>Testing No Lunch Served</p> <p></p>
<p>17</p> <p>Testing No Lunch Served</p>	<p>18</p> <p>Testing No Lunch Served</p>	<p>19</p> <p>SCHOOL CLOSED TODAY</p>	<p>20</p> <p>Testing No Lunch Served</p>	<p>21</p> <p>Testing No Lunch Served</p>
<p>24</p> <p>Testing No Lunch Served</p>	<p>25</p> <p>Testing No Lunch Served</p>	<p>26</p> <p></p>	<p>27</p> <p></p>	<p>28</p> <p></p>

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 \$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.

