

# Lunch Menu

# Commack High School

May  
2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

National  
Strawberry  
Month



1 Homemade Mac & Cheese (V) (P)  
Orange Glazed Carrots  
Green Pepper Slices  
Papaya  
Starfruit

2 Mozzarella Sticks (V)  
With Marinara Sauce Dip  
Baked Beans  
Crispy Potato Puffs  
Dragon Fruit  
Fresh NY Local Apple

3 Meatball Hero  
Steamed Broccoli  
Fresh Baby Carrots  
Guava  
Fresh NY Local Apple



6 Veggabol Taco Bean  
Tortilla Bowl (V) (P)  
Or Chicken and Cheese  
Enchilada (P)  
Sweet Corn  
Cucumber Coins  
Orange and Pineapple  
Cup  
Fresh Grapes

7 Chicken Parmesan  
Sandwich  
Roasted Asparagus  
Fresh Baby Carrots  
Mango Cup  
Fresh Banana

8 Ham & Cheese Bagel  
Melt (P)  
Orange Glazed Carrots  
Green Pepper Slices  
Fresh Blackberries  
Guava

9 Roasted Chicken  
Thighs (P)  
With Homemade Garlic  
Bread  
Baked Beans  
Crispy Potato Puffs  
Starfruit  
Fresh NY Local Apple  
Rice Krispie Treat

10 Incredibowls General  
Tso's Chicken (P)  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Grapes  
Fresh Peach

**MEATLESS MONDAY**  
National Enchilada Day



13 Homemade French  
Toast (V) (P)  
Crispy Turkey Sausage  
Links  
Sweet Corn  
Celery  
Fresh NY Local Apple  
Mixed Fruit

14 Mozzarella Sticks (V)  
With Marinara Sauce Dip  
Or Veggabol BBQ  
Chickpea Rice Bowl (V)  
Green Beans  
Fresh Baby Carrots  
Fresh Strawberries  
Apple Slices

15 BBQ Chicken Melt  
Orange Glazed Carrots  
Green Pepper Slices  
Watermelon Slices  
Chocolate Chip Cookie

16 Incredibowls Chicken &  
Vegetable Rice (P)  
Black Beans  
Crispy Potato Puffs  
Fresh NY Local Apple  
Fresh Pear

17 Memphis Blues Dog (P)  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Blackberries  
Potato Chips

**MEATLESS MONDAY**  
Chef Tony doing French  
Toast Towers

20 Cheesy Stuffed Bread  
Sticks (V)  
With Marinara Sauce Dip  
Veggabol Taco Bean  
Tortilla Bowl (V) (P)  
Sweet Corn  
Celery  
Fresh NY Local Apple  
Mixed Fruit

21 Honeyfire Kitchen  
Chicken Sandwich  
Roasted Asparagus  
Fresh Baby Carrots  
Fresh Orange  
Apple Slices

22 Mac & Cheese Pizza (V)  
Homemade Mac &  
Cheese (V) (P)  
Orange Glazed Carrots  
Green Pepper Slices  
Fresh Baby Carrots  
Dragon Fruit  
Pineapple

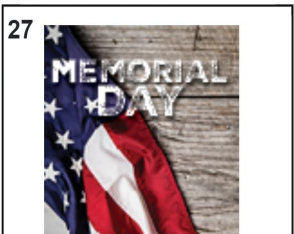
23 Sweet & Sour Chicken  
Sauce & Toss  
Hawaiian Style Rice  
Black Beans  
Crispy Potato Puffs  
Orange and Pineapple  
Cup

24 **SCHOOL  
CLOSED  
TODAY**

**MEATLESS MONDAY**



**IT'S STUDENT  
APPRECIATION DAY**



28 **SCHOOL  
CLOSED  
TODAY**

29 Two Cheese Grilled  
Cheese (V)  
Orange Glazed Carrots  
Broccoli Bites  
Fresh Pear  
Fresh Orange

30 Incredibowls General  
Tso's Chicken (P)  
Black Beans  
Crispy Potato Puffs  
Fresh NY Local Apple  
Fresh Pear

31 Homemade Mac &  
Cheese (V) (P)  
Or Buffalo Chicken Mac  
& Cheese (P)  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Orange  
Fresh NY Local Apple



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.



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.

