

Lunch Menu

Commack Intermediate Schools

May 2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

National Strawberry Month



1 Fluffy Whole Grain Waffles
Light Mozzarella Cheese Stick
Green Beans
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup
BRUNCH FOR LUNCH TODAY!

2 Homemade Mac & Cheese
Baked Beans
Crispy Potato Puffs
Fresh Pear
Mixed Fruit

3 Classic Cheese Pizza
Steamed Broccoli
Fresh Baby Carrots
Fresh Orange
Diced Pear Cup

6 Mozzarella Sticks
With Marinara Sauce Dip
Sweet Corn
Cucumber Coins
Fresh Blueberries
Diced Peach Cup
MEATLESS MONDAY
IT'S STUDENT APPRECIATION DAY

7 Nachos Grande
Green Beans
Fresh Baby Carrots
Fresh Blackberries
Fresh Green Grapes
school lunch lots 2 love

8 Chicken Nuggets
Whole Wheat Dinner Roll
Green Beans
Chilled Red Pepper Strips
Pineapple
Diced Peach Cup

9 Tot Spot's BBQ Chicken
Tater Tots
Baked Beans
Cucumber Coins
Papaya
Mixed Fruit
Guest Chef Chris

10 Classic Cheese Pizza
Steamed Broccoli
Fresh Baby Carrots
Watermelon Slices
Diced Pear Cup

13 Pizza Bagel
Sweet Corn
Cucumber Coins
Mango Cup
Diced Peach Cup
MEATLESS MONDAY
LUCKY TRAY DAY!

14 Classic Tex Mex Burrito
Green Beans
Fresh Baby Carrots
Fresh Banana
Fresh Grapes
Student

15 Fluffy Whole Grain Waffles
With Light Mozzarella Cheese Stick
Green Beans
Chilled Red Pepper Strips
Watermelon Slices
Diced Peach Cup

16 NY Beef Burger
Cheeseburger
Black Beans
Crispy Potato Puffs
Fresh Blackberries
Mixed Fruit

17 Classic Cheese Pizza
Or Pepperoni Pizza
Roasted Asparagus
Fresh Baby Carrots
Strawberries
Diced Pear Cup
HARVEST

20 Cheesy Stuffed Bread Sticks
With Marinara Sauce Dip
Sweet Corn
Cucumber Coins
Fresh Blueberries
Diced Peach Cup
MEATLESS MONDAY

21 Soft Tacos
Steamed Spinach
Fresh Baby Carrots
Honeydew and Cantaloupe Cup
Mixed Fruit

22 Fluffy Whole Grain Pancakes
With Light Mozzarella Cheese Stick
Green Beans
Chilled Red Pepper Strips
Mango Cup
Diced Peach Cup

23 Classic Cheese Pizza
Steamed Broccoli
Fresh Baby Carrots
Starfruit
Diced Pear Cup
Find the sticker on the bottom of the milk and receive a free smart snack

24 SCHOOL CLOSED TODAY

27 MEMORIAL DAY

28 SCHOOL CLOSED TODAY

29 Cheesy Chicken Sandwich
Green Beans
Chilled Red Pepper Strips
Fresh NY Local Apple
Diced Peach Cup

30 Turkey & Cheese Quesadilla
Baked Beans
Crispy Potato Puffs
Fresh Pear
Mixed Fruit

31 Classic Cheese Pizza
Steamed Broccoli
Fresh Baby Carrots
Fresh Peach
Diced Pear Cup

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.