

# Lunch Menu

Commack Intermediate Schools

April 2024

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

## Monday

## Tuesday

## Wednesday

## Thursday


## Friday

1


**SCHOOL CLOSED TODAY**



2 Cheesy Stuffed Bread Sticks   
With Marinara Sauce Dip  
Steamed Broccoli  
Fresh Baby Carrots  
Fresh Pear  
Mixed Fruit


3 Fluffy Whole Grain Pancakes   
With Light Mozzarella Cheese Stick  
Green Beans  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

**BRUNCH FOR LUNCH TODAY!**



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



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

8 Mozzarella Sticks   
With Marinara Sauce Dip  
Sweet Corn  
Cucumber Coins  
Fresh NY Local Apple  
Diced Peach Cup


**MEATLESS MONDAY** **Lucky Tray Day!**



9 Nachos Grande  
Green Beans  
Fresh Baby Carrots  
Fresh Pear  
Mixed Fruit

10

**SCHOOL CLOSED TODAY**

11 Classic Cheese Pizza   
Baked Beans  
Crispy Potato Puffs  
Apple Slices  
Mixed Fruit

12 Grilled Cheese Sandwich   
Steamed Broccoli  
Fresh Baby Carrots  
Sliced Oranges  
Diced Pear Cup

**National Grilled Cheese Day**

15 Pizza Bagel   
Sweet Corn  
Cucumber Coins  
Fresh NY Local Apple  
Diced Peach Cup

**MEATLESS MONDAY**

16 Homemade Baked Pasta with Cheese   
Green Beans  
Fresh Baby Carrots  
Fresh Pear  
Mixed Fruit





17 Fluffy Whole Grain Waffles   
With Light Mozzarella Cheese Stick  
Green Beans  
Chilled Red Pepper Strips  
Fresh NY Local Apple  
Diced Peach Cup

**BRUNCH FOR LUNCH TODAY!**

18 Meatball Dunkers  
With Marinara Sauce Dip  
Black Beans  
Crispy Potato Puffs  
Apple Slices  
Mixed Fruit

**IT'S STUDENT APPRECIATION DAY**

19 Classic Cheese Pizza   
Or Pepperoni Pizza  
Sautéed Spinach  
Fresh Baby Carrots  
Sliced Oranges  
Diced Pear Cup



22

**SPRING BREAK!**  
**SCHOOL CLOSED**

23

**SCHOOL CLOSED TODAY**

24


**SCHOOL CLOSED TODAY**

25

**SCHOOL CLOSED TODAY**

26

**SCHOOL CLOSED TODAY**

29 Two Cheese Grilled Cheese   
Cauliflower Popcorn  
Cucumber Coins  
Fresh NY Local Apple  
Diced Peach Cup

**MEATLESS MONDAY**

30 Soft Tacos  
Green Beans  
Fresh Baby Carrots  
Fresh Pear  
Mixed Fruit



Find the sticker on the bottom of the milk and receive a free smart snack

**HARVEST of the month**  
**spinach**




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.

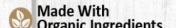
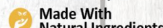
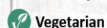


**Food Service Office**  
631-912-2172  
Reimbursable Lunch \$2.95  
Reduced Lunch \$0  
Milk \$.75

PLEASE REPORT ALL ALLERGIES TO THE SCHOOL

NURSE. Allergy info is updated in our

schools system through the Nurse's Office only



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.