




Lunch Menu

Commack Middle School

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 Carrots Cucumber Coins Fresh Pear Diced Peach Cup 	3 Incredibowls General Tso's Chicken 🍗 Green Beans Chilled Red Pepper Strips Fresh Orange Apple Slices	4 Homemade Mac & Cheese 🌱 🍌 Baked Beans Crispy Potato Puffs Fresh NY Local Apple Mixed Fruit IT'S STUDENT APPRECIATION DAY	5 Chicken Parmesan Sandwich Sautéed Spinach Fresh Baby Carrots Fresh Orange Diced Pear Cup HARVEST
8 Mozzarella Sticks 🌱 With Marinara Sauce Dip Or Baja Bean Fajita 🍌 Sweet Corn Celery Fresh NY Local Apple Diced Pear Cup MEATLESS MONDAY	9 Baked Chicken Tenders With Whole Wheat Dinner Roll Glazed Carrots Cucumber Coins Fresh Pear Diced Peach Cup	10 SCHOOL CLOSED TODAY	11 Meatball Sandwich Kidney Beans Mashed Potatoes Fresh NY Local Apple Mixed Fruit 	12 Two Cheese Grilled Cheese 🌱 Steamed Broccoli Fresh Baby Carrots Fresh Orange Diced Pear Cup National Grilled Cheese Day
15 Pizza Bagel 🌱 🍌 Or Veggabol BBQ Chickpea Rice Bowl 🌱 Sweet Corn Celery Fresh NY Local Apple Diced Pear Cup MEATLESS MONDAY	16 Cheesy Stuffed Bread Sticks 🌱 With Marinara Sauce Dip Steamed Carrots Cucumber Coins Fresh Pear Diced Peach Cup	17 Fluffy Whole Grain Pancakes 🌱 With Sausage Patty Steamed Broccoli Chilled Red Pepper Strips Apple Slices Fresh Orange	18 Homemade Pasta & Meatballs 🍌 Crispy Potato Puffs Confetti Garbanzo Bean Salad Fresh NY Local Apple Mixed Fruit	19 Steamed Broccoli Fresh Baby Carrots Fresh Orange Diced Pear Cup Guest Chef Tony!
22 SPRING BREAK! SCHOOL CLOSED	23 SCHOOL CLOSED TODAY	24 SCHOOL CLOSED TODAY	25 SCHOOL CLOSED TODAY	26 SCHOOL CLOSED TODAY

29 Cheesy Stuffed Bread Sticks 🌱 Marinara Sauce Dip Or Veggabol BBQ Chickpea Rice Bowl 🌱 Sweet Corn Celery Apple Slices Diced Pear Cup MEATLESS MONDAY	30 Chicken Bowl with Gravy Steamed Carrots Cucumber Coins Fresh Pear Diced Peach Cup 
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Harvest of the Month
spinach

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, 1% white or FF white

Lunch Choices Available Daily: Popcorn Chicken, Salad Choice w/ dinner rolls, Asst. Deli Sandwiches & Wraps, PB&J, Bagel Lunch w/ String Cheese, Pizza Choices, Crispy Chicken Sandwich, Cereal Lunch and Taco Bar. Mon/Wed/Fri Yogurt Bar, Mon/Wed Smoothie.

 Vegetarian
 Made With Natural Ingredients
 Pork
 Smart Choice
 Made With Organic Ingredients

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.

