






















Lunch Menu

Commack Middle 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>Sweet Corn Cucumber Coins Fresh Grapes Dragon Fruit</p> <p> National Egg Day</p>	<p>4 Fluffy Whole Grain Pancakes  With Sausage Patty Green Beans Fresh Baby Carrots Mango Cup Starfruit</p> <p>Guest Chef today!</p>	<p>5 Two Cheese Grilled Cheese  Steamed Broccoli Chilled Red Pepper Strips Fresh Blueberries Watermelon Slices</p>	<p>6 Veggabol Lo Mein Chickpea Noodle Bowl   With Chicken Garbanzo Beans Crispy Potato Puffs Guava Diced Peaches</p> <p>IT'S STUDENT APPRECIATION DAY</p> <p></p>	<p>7 Mozzarella Sticks  With Marinara Sauce Dip Roasted Brussel Sprouts Fresh Baby Carrots Fresh Banana Fresh Blackberries</p>
<p>10 Cheesy Stuffed Bread Sticks  With Marinara Sauce Dip Sweet Corn Cucumber Coins Fresh Blueberries Starfruit</p> <p> </p>	<p>11 Pizza Bagel   Or Veggabol Fiesta Rice and Beans Bowl    Green Beans Fresh Baby Carrots Guava Pineapple</p> <p></p>	<p>12 Homemade Mac & Cheese   Green Beans Chilled Red Pepper Strips Applesauce Strawberries</p> <p></p>	<p>13 Crispy Popcorn Chicken With Whole Wheat Dinner Roll Black Beans Roasted Brussel Sprouts Fresh Blueberries Papaya</p>	<p>14 Testing No Lunch Served</p>
<p>17 Testing No Lunch Served</p>	<p>18 Testing No Lunch Served</p>	<p>19 SCHOOL CLOSED TODAY</p>	<p>20 Testing No Lunch Served</p>	<p>21 Testing No Lunch Served</p>
<p>24 1/2 Day No Lunch Served</p>	<p>25 1/2 Day No Lunch Served</p>	<p>26 LAST DAY OF SCHOOL</p>	<p>27 </p>	<p>28 HAVE A GREAT SUMMER!</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.

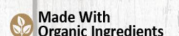
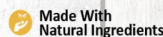
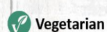
**Menu is subject to change, notice posted when available.

***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, 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