

Lunch Menu

Commack Middle School

May
2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

National
Strawberry
Month



1 Incredibowls General Tso's Chicken 🍗
Green Beans
Chilled Red Pepper Strips
Fresh Orange
Apple Slices



2 Homemade Mac & Cheese 🍷
Baked Beans
Crispy Potato Puffs
Fresh NY Local Apple
Mixed Fruit

IT'S STUDENT APPRECIATION DAY

3 Chicken Parmesan Sandwich
Sautéed Spinach
Fresh Baby Carrots
Fresh Orange
Diced Pear Cup

6 Baja Bean Fajita 🍷
Or Chicken and Cheese Enchilada 🍷
Sautéed Corn & Black Bean Salsa
Celery
Fresh Blueberries
Applesauce
Potato Chips



Enchilada Day

7 Chicken Teriyaki 🍗
With Yellow Rice
Green Beans
Chilled Red Pepper Strips
Pineapple
Diced Peach Cup

8 Mac & Cheese Pizza 🍷
Homemade Mac & Cheese 🍷
Green Beans
Fresh Baby Carrots
Strawberries
Applesauce

Mac & Cheese Day

9 Meatball Sliders
Baked Beans
Crispy Potato Puffs
Honeydew and Cantaloupe Cup
Mixed Fruit



10 Two Cheese Grilled Cheese 🍷
Steamed Broccoli
Fresh Baby Carrots
Fresh Orange
Watermelon Slices
Diced Pear Cup

13 Pizza Bagel 🍷
Or Veggabol BBQ Chickpea Rice Bowl 🍷
Sweet Corn
Celery
Mango Cup
Diced Pear Cup



14 Honeyfire Kitchen Chicken Sandwich
Steamed Carrots
Cucumber Coins
Honeydew and Cantaloupe Cup
Diced Peach Cup

15 Homemade French Toast 🍷
Sausage Patty
Steamed Broccoli
Chilled Red Pepper Strips
Dragon Fruit
Fresh Orange

Guest Chef Tony

16 Homemade Pasta & Meatballs 🍷
Crispy Potato Puffs
Confetti Garbanzo Bean Salad
Fresh NY Local Apple
Mixed Fruit

17 NY Beef Burger with Bacon & Cheese 🍷
Roasted Asparagus
Fresh Baby Carrots
Papaya
Diced Pear Cup



20 Cheesy Stuffed Bread Sticks 🍷
With Marinara Sauce Dip
Or Veggabol BBQ Chickpea Rice Bowl 🍷
Sweet Corn
Celery
Fresh Grapes
Diced Pear Cup



21 Fiesta Taco Salad 🍷
Steamed Carrots
Cucumber Coins
Fresh Blackberries
Fresh Banana

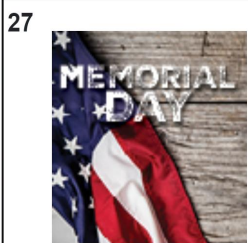
22 Pacific Rim Chicken With Hawaiian Style Rice
Green Beans
Chilled Red Pepper Strips
Orange and Pineapple Cup
100% Orange Tangerine

HAWAIIAN DAY

23 Pasta with Chicken & Sautéed Broccoli 🍷
Chickpea Salad
Dragon Fruit
Mixed Fruit



24 SCHOOL CLOSED TODAY



28 SCHOOL CLOSED TODAY

29 Chicken with Gravy
Whole Grain Biscuit
Green Beans
Chilled Red Pepper Strips
Fresh Orange
Apple Slices

National Biscuit Day

30 Tot Spot's Disco Tater Tots 🍷
Baked Beans
Fresh Cucumber Salad
Fresh Blueberries
Mixed Fruit

DISCO DAY

31 Cheesy Stuffed Bread Sticks 🍷
Marinara Sauce Dip
Steamed Carrots
Caesar Salad
Fresh Grapes
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.

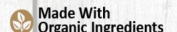
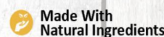
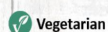
**Menu is subject to change, notice posted when available.

***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 \$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.