

Lunch Menu

Commack Elementary Schools

May
2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

National Strawberry Month

Character visits!

5/20-NR ** 5/21-RH

5/22-IH ** 5/23-WP



6 Pizza Bagel Sweet Corn Cucumber Coins Fresh Blueberries Diced Peach Cup

MEATLESS MONDAY Lucky Tray Day!

7 Grilled Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Blackberries Diced Peach Cup

8 Fluffy Whole Grain Pancakes Light Mozzarella Cheese Stick Green Beans Chilled Red Pepper Strips Pineapple Diced Pear Cup

9 Chicken Nuggets Whole Wheat Dinner Roll Baked Beans Crispy Potato Puffs Fresh Banana Strawberry Cup

10 Classic Cheese Pizza Steamed Carrots Broccoli Florets Honeydew and Cantaloupe Cup Diced Pear Cup

13 Cheesy Stuffed Bread Sticks With Marinara Sauce Dip Cauliflower Popcorn Cucumber Coins Mango Cup Diced Peach Cup

MEATLESS MONDAY

14 Soft Tacos Steamed Spinach Fresh Baby Carrots Fresh Blackberries Diced Peach Cup

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

16 Meatball Sandwich Baked Beans Crispy Potato Puffs Strawberries Mixed Fruit

17 Classic Cheese Pizza Roasted Asparagus Fresh Baby Carrots Starfruit Diced Pear Cup

20 Mozzarella Sticks With Marinara Sauce Sweet Corn Cucumber Coins Fresh Blueberries Fresh Strawberries

MEATLESS MONDAY

21 Nachos Grande Steamed Spinach Fresh Baby Carrots Grape Tomatoes Pineapple Diced Peach Cup

22 Fluffy Whole Grain Waffles With Light Mozzarella Cheese Stick Green Beans Chilled Red Pepper Strips Honeydew and Cantaloupe Cup Diced Pear Cup

23 Classic Cheese Pizza Baked Beans Crispy Potato Puffs Fresh Blackberries Papaya

24 **SCHOOL CLOSED TODAY**

27 **MEMORIAL DAY**

28 **SCHOOL CLOSED TODAY**

29 Crispy Chicken Sandwich Green Beans Chilled Red Pepper Strips Honeydew and Cantaloupe Cup Diced Pear Cup

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

31 Classic Cheese Pizza Steamed Carrots Broccoli Florets 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, PBJ Sandwich, Turkey Sandwich, Cheese Sandwich, Bagel w/cheesestick, Cereal Lunch. Fruity Parfait offered on Wednesdays.

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