

Lunch Menu

Commack Sawmill Intermediate

June 2024

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


Monday

Tuesday

Wednesday

Thursday

Friday

3 Egg and Cheese Sandwich 
Sweet Corn
Cucumber Coins
Fresh Blueberries
Guava

National Egg Day



4 Homemade Waffles  
With Sausage Patty
Steamed Spinach
Fresh Baby Carrots
Papaya
Strawberries

Guest Chef

5 Cheesy Stuffed Bread Sticks 
With Marinara Sauce Dip
Roasted Butternut Squash
Green Pepper Slices
Fresh Blackberries
Dragon Fruit

6 Homemade Mac & Cheese  
Baked Beans
Crispy Potato Puffs
Pineapple
Starfruit

IT'S STUDENT APPRECIATION DAY

7 Classic Cheese Pizza  
Steamed Carrots
Side Garden Salad
Fresh Melon Cup
Fresh Grapes




10 Mozzarella Sticks 
With Marinara Sauce Dip
Sweet Corn
Cucumber Coins
Guava
Watermelon Slices

Lucky Tray Day!



11 Grilled Cheese Sandwich 
Green Beans
Fresh Baby Carrots
Fresh Blackberries
Fresh Green Grapes



12 Fluffy Whole Grain Pancakes 
With Light Mozzarella Cheese Stick
Roasted Butternut Squash
Green Pepper Slices
Dragon Fruit
Pineapple



BRUNCH FOR LUNCH TODAY!



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

14 Classic Cheese Pizza  
Steamed Carrots
Side Garden Salad
Fresh Blueberries
Fresh Strawberries



17 Pizza Bagel  
Sweet Corn
Cucumber Coins
Guava
Mango Cup



18 Fluffy Whole Grain Pancakes 
Light Mozzarella Cheese Stick Syrup
Green Beans
Fresh Baby Carrots
Fresh Blueberries
Starfruit

19 **SCHOOL CLOSED TODAY**

20 Crispy Popcorn Chicken
With Whole Wheat Dinner Roll
Black Beans
Crispy Potato Puffs
Fresh Blackberries
Papaya

21 Classic Cheese Pizza  
Steamed Carrots
Side Garden Salad
Dragon Fruit
Strawberries



24 **Half Day No Lunch Served**

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26 **LAST DAY OF SCHOOL**

27 **Summer Fun and Summer Meals!** Kids and Teens Eat Free!
Find Summer Meals:
Text "Food" to 304-304
Visit SummerMealsNY.org
Call 211 or 311 (in NYC) or 1-866-3-HUNGRY

28 **HAVE A GREAT SUMMER!**

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, Salad w/dinner rolls and cheese sticks, PBJ Sandwich, Turkey Sandwich, Cheese Sandwich, Bagel w/cheese stick, Cereal Lunch.
Fruity Parfait offered on Wednesdays.