

# Walkill HS

Welcome to our Lunch Cafe

9/2/2024 - 9/6/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

**SCHOOL CLOSED TODAY**

4

BLT Burger  
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun

Roasted Peppers  
Buttered Corn  
Fresh Apple

5

Yard Bird Classic Chicken Sandwich  
a delicious chicken filet on a hearty bun, served with special sauce and a pickle

Carrot Sticks  
Lite Ranch Dressing  
Crispy Potato Puffs  
Pineapple

6

Beef Goulash  
Hungarian style beef stew with fresh mushrooms, carrots, onions and celery simmered to perfection in-house

Yellow Rice  
Buffalo Cauliflower  
Fresh Orange

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% Chilled Milk

For Menu Questions please contact  
Marilyn Digregorio @ digregoriom@whitsons.com

**WELCOME BACK TO SCHOOL!**

French Bread Pizza  
crispy French bread smothered with tomato sauce and melted cheese

French Bread Pizza  
crispy French bread smothered with tomato sauce and melted cheese

French Bread Pizza  
crispy French bread smothered with tomato sauce and melted cheese

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough

\*\*As a reminder please contact the Food Service Office if you would like to put any restrictions on your child's account \*\*

**SCHOOL CLOSED TODAY**

Spicy Chicken Sandwich  
warm spicy crispy chicken sandwich prepared in-house

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warm spicy crispy chicken sandwich prepared in-house

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warm spicy crispy chicken sandwich prepared in-house

Offering New Specials EVERY WEEK!  
To see our menus, visit us at: [www.fdmealplanner.com](http://www.fdmealplanner.com)

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches

Choose MyPlate.gov

Deli Bar Italian Stallion Panini  
freshly prepared grilled panini with pepperoni, ham, mozzarella cheese and lettuce

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freshly prepared grilled panini with pepperoni, ham, mozzarella cheese and lettuce

Deli Bar Italian Stallion Panini  
freshly prepared grilled panini with pepperoni, ham, mozzarella cheese and lettuce

Available Daily: Made to Order and ALWAYS Fresh!

**SCHOOL CLOSED TODAY**

Garden Salad Entree  
fresh garden salad topped with meat

Fruity Granola Parfait

Garden Salad Entree  
fresh garden salad topped with meat

Fruity Granola Parfait

Garden Salad Entree  
fresh garden salad topped with meat

Fruity Granola Parfait

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk

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

# Walkill HS

Welcome to our  
Lunch Cafe

9/9/2024 - 9/13/2024



Monday

Tuesday

Wednesday

Thursday

Friday



9 Scrambled Eggs with Cheese  
Toast  
Sausage Patty  
Crispy Potato Puffs  
Fresh Strawberries



10 Buffalo Chicken Sauce & Toss  
*popcorn chicken glazed with Buffalo sauce*  
Seasoned Rice  
Chickpea Salad  
*chickpeas tossed in light italian dressing and garnished with parsley*  
Spicy Honey Carrots  
Fresh Green Grapes

11 Chicken Bowl with Gravy  
*chicken layered with mashed potatoes and corn, smothered in gravy*  
Buttered Corn  
Fresh Apple

12 Honeyfire Kitchen Chicken Sandwich  
*freshly prepared chicken drizzled with honey fire sauce*  
Carrot Sticks  
Oven Baked Fries  
Fresh Orange



13 Baked Pasta with Homemade Meat Sauce  
Homemade Garlic Naan  
Tomato Salad  
Spiced Roasted Green Beans w/ Parmesan  
Fresh Banana

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Meat Lovers Pizza  
*freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball*



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*freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball*



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*freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball*



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*freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball*



Offering New Specials **EVERY WEEK!**

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Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Grilled Cheese Sandwich Meltdown Café  
*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Tomato Soup



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*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Tomato Soup

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Grilled Cheese Sandwich Meltdown Café  
*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Tomato Soup



Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar Buffalo Chicken Sandwich  
*warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato*

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*warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato*

Available Daily: Made to Order and ALWAYS Fresh!



Italian Pizza Salad  
*tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens*



Fruity Granola Parfait

Italian Pizza Salad  
*tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens*



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Fruity Granola Parfait



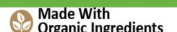
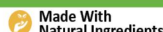
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls



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# Walkill HS

Welcome to our Lunch Cafe

9/16/2024 - 9/20/2024

**MEATLESS MONDAY**  
Monday

Tuesday

Wednesday

Thursday

Friday



16 Buffalo Chicken Mac & Cheese  
pasta in cheese sauce, topped with buffalo style chicken 🌶️  
Steamed Peas  
Whole Wheat Dinner Roll  
Applesauce

17 Nachos Grande  
tortilla chips topped with freshly prepared mexi style meat and cheese  
Sour Cream  
Yellow Rice  
Seasoned Black Beans  
Tomato Salad  
Fresh Apple

18 Chicken Parmesan Over Pasta  
oven baked chicken topped with sauce and melted cheese, all over pasta 🌶️  
Whole Wheat Dinner Roll  
Side Garden Salad  
Steamed Carrots  
Fresh Pear



19 Wing Shack Classic Buffalo Chicken Wings  
Wing Shack Chicken Wings  
Garlic Parmesan Fries  
Celery  
Watermelon Slices

20 Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌶️  
Tomato Sauce  
Sautéed Spinach seasoned spinach sauteed in oil  
Fresh Orange

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2%



Hand Crafted Buffalo Chicken Pizza  
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌶️

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fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌶️

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fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌶️

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Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Pretzel Cheese Sauce

Pretzel Cheese Sauce

Pretzel Cheese Sauce

Pretzel Cheese Sauce

Pretzel Cheese Sauce

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar American Combo Sandwich  
freshly made sandwich with thinly sliced turkey, ham and cheese P

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freshly made sandwich with thinly sliced turkey, ham and cheese P

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freshly made sandwich with thinly sliced turkey, ham and cheese P

Available Daily: Made to Order and ALWAYS Fresh!



Romaine & Chickpea Salad with 2 Dinner Rolls  
chopped romaine lettuce topped with chickpeas 🌱 🌶️

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chopped romaine lettuce topped with chickpeas 🌱 🌶️

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Romaine & Chickpea Salad with 2 Dinner Rolls  
chopped romaine lettuce topped with chickpeas 🌱 🌶️

Fruity Granola Parfait 🌱 🌶️ 🍌

Fruity Granola Parfait 🌱 🌶️ 🍌

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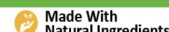
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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# Walkill HS

Welcome to our  
Lunch Cafe

9/23/2024 - 9/27/2024



Monday

Tuesday

Wednesday

Thursday

Friday



23 Pasta with Creamy Tomato Sauce & Chicken  
*pasta with creamy tomato sauce, chicken and spinach* 🌱  
Side Garden Salad  
Roasted Squash  
Steamed Broccoli  
Applesauce

24 Walking Taco  
*mexi-style taco meat paired with crispy chips*  
Iceberg Lettuce  
Sour Cream  
Mild Salsa  
Spicy Four Bean Salad  
Steamed Carrots  
Fresh Orange

25 Baked Chicken Tenders  
*crispy chicken tenders perfect for dipping in your favorite sauce*  
Vegetable Rice Pilaf  
Green Beans  
Whole Wheat Dinner Roll  
Fresh Blueberries

26 Chicken Philly Sandwich 🌱  
Oven Baked Fries  
Fresh Apple

27 Fluffy Whole Grain Waffles  
*warm whole grain waffles* 🌱  
Syrup  
Sausage Patty  
Crispy Potato Puffs  
Fresh Orange



Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Meatball Pizza  
*freshly prepared cheese pizza topped with meatballs* 🌱

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*freshly prepared cheese pizza topped with meatballs* 🌱

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*freshly prepared cheese pizza topped with meatballs* 🌱

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*freshly prepared cheese pizza topped with meatballs* 🌱

Meatball Pizza  
*freshly prepared cheese pizza topped with meatballs* 🌱

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



BBQ Chicken Sandwich  
*warm baked chicken smothered in BBQ sauce on a bun and prepared in-house*

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Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar  
Turkey Club Wrap  
*turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla* P 🌱

Turkey Club Wrap  
*turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla* P 🌱

Deli Bar  
Turkey Club Wrap  
*turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla* P 🌱

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Turkey Club Wrap  
*turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla* P 🌱

Deli Bar  
Turkey Club Wrap  
*turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla* P 🌱

Available Daily: Made to Order and ALWAYS Fresh!



Garden Salad Entree  
*fresh garden salad topped with meat* 🌱  
Dinner Rolls  
Fruity Granola  
Parfait 🌱 🌱 🌱

Garden Salad Entree  
*fresh garden salad topped with meat* 🌱  
Dinner Rolls  
Fruity Granola  
Parfait 🌱 🌱 🌱

Garden Salad Entree  
*fresh garden salad topped with meat* 🌱  
Dinner Rolls  
Fruity Granola  
Parfait 🌱 🌱 🌱

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Dinner Rolls  
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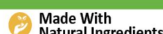
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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# Walkill HS

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Lunch Cafe

9/30/2024 - 9/30/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



30 Bun Appetit Monte  
Cristo Pancake   
Crispy Potato Puffs  
Sauteed Zucchini  
Applesauce



Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Grilled Cheese Pizza  
fresh pizza dough topped  
with mozzarella &  
cheddar cheese and  
baked until crisp

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General Tso's  
Chicken Wrap  
grilled chicken, julienned  
carrots and lettuce on  
tortilla wrap spread with  
General Tso's sauce

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar  
Italian Combo  
Sandwich  
freshly sliced cured meat  
and cheese on a roll  
topped with crisp lettuce  
and tomato

Available Daily: Made to Order and **ALWAYS Fresh!**



Chicken Caesar  
Salad  
fresh romaine topped  
with parmesan cheese,  
chicken, and croutons  
with dinner rolls



And Dinner Rolls  
Fruity Granola  
Parfait

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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