

Walkill HS

Welcome to our Lunch Cafe

12/2/2024 - 12/6/2024



Monday

Tuesday

Wednesday

Thursday

Friday



2 Homemade Pesto Pasta with Chicken
fresh pasta tossed in a creamy pesto sauce topped with chicken and Parmesan cheese 🌱
Side Garden Salad
Roasted Squash
Steamed Broccoli
Applesauce

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

4 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Vegetable Rice Pilaf
Green Beans
Whole Wheat Dinner Roll
Strawberries

5 BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun
Iceberg Lettuce
Sliced Tomatoes
Oven Baked Fries
Fresh Melon Cup

6 Herb Roasted Chicken
Pasta with Butter
Buffalo Cauliflower
Roasted Squash
Fresh Orange
HARVEST
of the month
squash

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



Broccoli Cheddar Cheese Pizza
freshly made pizza topped with fresh cheddar cheese and crisp broccoli florets 🌱

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

Broccoli Cheddar Cheese Pizza
freshly made pizza topped with fresh cheddar cheese and crisp broccoli florets 🌱

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

Broccoli Cheddar Cheese Pizza
freshly made pizza topped with fresh cheddar cheese and crisp broccoli florets 🌱

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

Spicy Chicken Sandwich
warm spicy chicken breaded cutlet prepared in-house

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warm spicy chicken breaded cutlet prepared in-house

Offering New Specials **EVERY WEEK!**

To see our menus, visit us at: www.fdmmealplanner.com

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



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

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Italian Stallion Panini
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!



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

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fresh garden salad topped with meat 🌱
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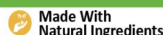
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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.



Walkill HS

12/9/2024 - 12/13/2024

Welcome to our Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



9 Cinnamon French Toast
slices of French toast baked to perfection 🌱
Syrup
Sausage Patty
Crispy Potato Puffs
Fresh Strawberries

BRUNCH FOR LUNCH TODAY!

10 Tot Spot's Philly Tater Tots
crispy tater tots topped with beef, peppers and onions and creamy cheese sauce 🌱
TOT SPOT
Seasoned Rice
Chickpea Salad
Spicy Honey Carrots
Fresh Green Grapes

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



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

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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
P 🌱

Offering New Specials EVERY WEEK!

To see our menus visit us at: www.fmealplanner.com

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
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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 🌱

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Deli Bar Buffalo Chicken Sandwich
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
P 🌱

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tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
P 🌱

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Fruity Granola Parfait 🌱 🌱 🌱

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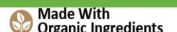
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls



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Walkill HS

12/16/2024 - 12/20/2024

Welcome to our Lunch Cafe

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 Honey Dipped Chicken Wings
chicken wings mixed with honey and hot sauce 🍗
Wing Shack Chicken Wings
Garlic Parmesan Fries
Celery
Watermelon Slices

19 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🍷
Tomato Sauce
Sauteed 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 🍗

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

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

Offering New Specials EVERY WEEK!

To see our menus, visit us at: www.fdmealplanner.com

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

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

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

Available Daily: Made to Order and ALWAYS Fresh!



Chicken and Strawberry Salad
fresh strawberries with chicken over greens 🍗
Fruity Granola Parfait 🍓 🍓 🍓

Chicken and Strawberry Salad
fresh strawberries with chicken over greens 🍗
Fruity Granola Parfait 🍓 🍓 🍓

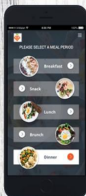
Chicken and Strawberry Salad
fresh strawberries with chicken over greens 🍗
Fruity Granola Parfait 🍓 🍓 🍓

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fresh strawberries with chicken over greens 🍗
Fruity Granola Parfait 🍓 🍓 🍓

Chicken and Strawberry Salad
fresh strawberries with chicken over greens 🍗
Fruity Granola Parfait 🍓 🍓 🍓



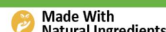
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Walkill HS

Welcome to our
Lunch Cafe

12/23/2024 - 12/27/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

23

24

25

26

27



W



W



W

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



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



R



R



R

B

B

B

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



R



R



R

E

E

E

Available Daily: Made to order and ALWAYS Fresh!



K



K



K



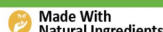
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Walkill HS

Welcome to our
Lunch Cafe

12/30/2024 - 12/31/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

30

31



W

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



N

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

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E

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



R

Available Daily: Made to Order and ALWAYS Fresh!



B



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

B

R

E

A

K



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