

Walkill HS

Welcome to our Lunch Cafe

1/1/2025 - 1/3/2025



Monday

Tuesday

Wednesday

Thursday

Friday



2 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce ✓
Tomato Sauce
Spiced Roasted Green Beans w/ Parmesan
Fresh Apple

3 Herb Roasted Chicken
Pasta with Butter
Buffalo Cauliflower
Mashed Potatoes
Fresh Orange



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 ✓ 🍴

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

For Menu Questions please contact

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

Marilyn Digregorio @ digregoriom@whitsons.com



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

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

Offering New Specials EVERY WEEK!

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches
To see our menus, visit us at: www.fdmealplanner.com



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

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

Available Daily: Made to Order and ALWAYS Fresh!

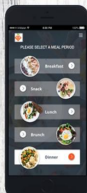


Garden Salad Entree
fresh garden salad topped with meat 🍴
Fruity Granola Parfait ✓ 🍴 🍌

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fresh garden salad topped with meat 🍴
Fruity Granola Parfait ✓ 🍴 🍌



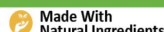
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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.



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Walkill HS

Welcome to our Lunch Cafe

1/6/2025 - 1/10/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

BRUNCH FOR LUNCH TODAY!



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



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

9 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

10 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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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
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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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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Fruity Granola Parfait

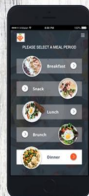
Fruity Granola Parfait

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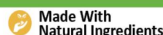
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls



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Walkill HS

Welcome to our Lunch Cafe

1/13/2025 - 1/17/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



13 Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken 🍗
Chilled Red Pepper Strips
Steamed Peas
Applesauce

14 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Sour Cream
Yellow Rice
Seasoned Black Beans
Cajun Roasted Broccoli
Fresh Apple

15 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

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

17 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 🍗

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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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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

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 🍓 🍌 🍌

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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

1/20/2025 - 1/24/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

20

21

22

Grab

Grab

Grab



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



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



Offering New Specials EVERY WEEK!

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

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar

Deli Bar

Deli Bar

Available Daily: Made to Order and ALWAYS Fresh!



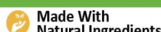
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Walkill HS

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1/27/2025 - 1/31/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



27 Cheese Panini
melted cheese on a
toasted panini
French Onion Soup
Sauteed Zucchini
Applesauce

28 BBQ Chicken
chicken coated in BBQ
sauce
Seasoned Rice
Fresh Cucumber
Salad
Fiesta Corn
Fresh Blueberries

29
**SCHOOL
CLOSED
TODAY**

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

31 Pork Mashed
Potatoes & Gravy
Bowl
fluffy mashed potatoes
layered with steamed
corn, shredded pork
smothered with creamy
gravy P
Side Garden Salad
Sliced Oranges

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

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

**SCHOOL
CLOSED
TODAY**

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

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

Offering New Specials EVERY WEEK!

Available Daily: To see our menus, visit us at: www.fmealplanner.com
cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



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

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

**SCHOOL
CLOSED
TODAY**

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

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 P

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

**SCHOOL
CLOSED
TODAY**

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

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

Available Daily: Made to Order and ALWAYS Fresh!



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

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

**SCHOOL
CLOSED
TODAY**

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

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Salad
fresh romaine topped
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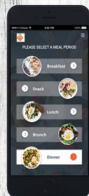
And Dinner Rolls
Fruity Granola
Parfait

Dinner Rolls
Fruity Granola
Parfait

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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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