

# Fox Lane High School

Welcome to our  
Lunch Cafe

2/3/2025 - 2/7/2025

MEATLESS MONDAY

NEW



**Monday**  
Tot Spot's Buffalo Chicken Tater Tots  
crispy tater tots topped with buffalo chicken and drizzled with ranch dressing and scallion garnish 🌱  
Dinner Rolls

**National Tator Tot Day**



**Tuesday**  
Pizza Bagel  
Homemade Melted Cheese and tomato sauce on top of a whole grain bagel 🌱

**Wednesday**  
Incredibowls General Tso's Chicken  
General Tso's seasoned chicken with brown rice, broccoli, and scallions 🌱

**Thursday**  
Balsamic Grilled Chicken Panini  
marinated chicken breast and mozzarella cheese with a balsamic glaze on a panini

**Friday**  
Meatball Hero  
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱

Nacho Bar  
crispy nacho chips topped with your choice of toppings  
With Brown Rice Pilaf

**Available Daily:** Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Turkey BLT Wrap  
sliced turkey, bacon, lettuce, and tomato on a wrap 🌱

American Combo Sandwich  
freshly made sandwich with thinly sliced turkey, ham and cheese 🌱

Buffalo Chicken Wrap  
Buffalo chicken wrapped in a tortilla with lettuce and tomato 🌱  
Buffalo Chicken Wrap 🌱

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

Chicken Ranch Wrap  
tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap 🌱

**Available Daily:** Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along



Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱

Baked Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce

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

Baked Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce

Veggie Burger 🌱

**Available Daily:** Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Simply Boxed Pepperoni Pizza Pack  
freshly prepared meal with cheese and pepperoni, tomato sauce, bread slices and vegetable sticks 🌱

Fruity Granola Parfait  
Low fat vanilla yogurt layered with fruit and granola 🌱

Chicken Caesar Wrap  
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱

Simply Boxed Belgian Waffle Bites  
freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and fruit 🌱

Simply Boxed Vegan Hummus Pack  
freshly prepared grab and go meal featuring hummus, crispy whole grain pita chips, sunflower seeds and sliced vegetables 🌱

**Available Daily:** Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



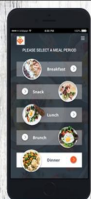
Zucchini and Tomato Gratin  
Layers of cooked zucchini and tomatoes tossed with olive oil and spices  
Garden Salad  
Fresh NY Local Apple  
Fresh Orange

Glazed Carrots  
carrots in a buttery brown sugar glaze  
Spinach Salad  
Fresh Banana  
Sliced Peaches

Sweet Potato Fries  
crispy sweet potato fries baked to perfection  
Pinto Bean Confetti Salad  
Berry Cup  
Fresh Apple

Green Beans  
Garden Salad  
Fresh Orange  
Pineapple Cup

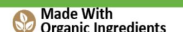
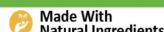
Baked Plantains  
Maduros  
Cherry Tomatoes  
Diced Pear Cup  
Mango Cup



Check out our mobile menu at [www.FDMealPlanner.com](http://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.





# Fox Lane High School

Welcome to our  
Lunch Cafe

2/10/2025 - 2/14/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Wing Shack Classic  
Buffalo Chicken  
Wings  
*an American classic,  
tossed in spicy buffalo  
sauce*  
Dinner Rolls

**Super Bowl  
Monday!**

Chicken and Waffles  
*crispy chicken placed on  
top of fluffy waffles*

Beef & Broccoli  
*beef & broccoli in a soy  
ginger sauce* 🍴  
With  
Vegetable Fried Rice

Buffalo Chicken and  
Cheese Quesadilla  
*fiesta style chicken and  
cheddar cheese inside a  
grilled folded tortilla  
spread with hot sauce*  
Ranch & Chicken  
Quesadilla

Nacho Bar  
*crispy nacho chips  
topped with your choice  
of toppings*  
With  
Brown Rice Pilaf



Pizza Bagel  
Homemade  
*Melted Cheese and  
tomato sauce on top of a  
whole grain bagel* 🍴

Homemade Ham,  
Pepperoni and  
Cheese Stromboli  
*ham, pepperoni and  
melted cheese wrapped  
in a pizza dough* P 🍴

White Pizza  
*freshly made pizza dough  
brushed with garlic and  
oil, topped with  
mozzarella, baked to  
perfection* 🍴

Homemade three  
Cheese Calzone  
*calzone stuffed with three  
delicious melted  
cheeses* 🍴  
Homemade Buffalo  
Chicken Calzone 🍴

BBQ Chicken Pizza  
*fresh pizza dough topped  
with BBQ sauce,  
mozzarella, cheddar,  
chicken strips, red onion  
and cilantro* 🍴

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Turkey BLT Wrap  
*sliced turkey, bacon,  
lettuce, and tomato on a  
wrap* P 🍴

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

Buffalo Chicken  
Wrap  
*Buffalo chicken wrapped  
in a tortilla with lettuce  
and tomato* 🍴  
Buffalo Chicken  
Wrap 🍴

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

Chicken Ranch Wrap  
*tender chicken tossed in  
buttermilk ranch dressing  
with lettuce and tomatoes  
in a wrap* 🍴

Available Daily: Boars Head cold cuts, chicken, cheeses and whole grain rich rolls and wraps and assorted toppings



Mozzarella Sticks  
*crispy mozzarella sticks  
filled with gooey cheese,  
perfect for dipping into  
your favorite sauce* 🍴

Baked Chicken  
Tenders  
*crispy chicken tenders  
perfect for dipping in your  
favorite sauce*

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

Baked Chicken  
Tenders  
*crispy chicken tenders  
perfect for dipping in your  
favorite sauce*

Veggie Burger 🍴

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Simply Boxed  
Pepperoni Pizza Pack  
*freshly prepared meal  
with cheese and  
pepperoni, tomato sauce,  
bread slices and  
vegetable sticks* 🍴

Fruity Granola Parfait  
*Low fat vanilla yogurt  
layered with fruit and  
granola* 🍴

Chicken Caesar  
Wrap  
*freshly made tortilla wrap  
filled with sliced chicken,  
crisp lettuce, and cheese  
topped with low-fat  
Caesar dressing* 🍴

Chilled Fruit over  
Field Greens  
*assorted fruit over  
romaine lettuce served  
with cheese and bread* 🍴

Simply Boxed Vegan  
Hummus Pack  
*freshly prepared grab  
and go meal featuring  
hummus, crispy whole  
grain pita chips,  
sunflower seeds and  
sliced vegetables* 🍴

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



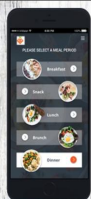
Celery & Carrot  
Sticks w/ Low Fat  
Dressing  
*carrots and celery sticks  
paired with dressing for  
dipping*  
Confetti Black Bean  
Salad  
Pineapple  
Organic Applesauce

Sweet Potato Fries  
*crispy sweet potato fries  
baked to perfection*  
Cinnamon & Honey  
Roasted Beans  
Fresh Orange

Sauteed Bok Choy  
Black Bean and  
Pepper Salad  
Applesauce  
Watermelon Slices

Spiced Roasted  
Green Beans w/  
Parmesan  
Cherry Tomatoes  
Diced Peach Cup  
Fresh NY Local  
Apple

Refried Beans  
Baby Carrots  
Pineapple Cup  
Mango Cup



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Vegetarian

Made With  
Natural Ingredients

P Pork

Smart  
Choice

Made With  
Organic Ingredients

WHITSON'S  
School Nutrition

# Fox Lane High School

Welcome to our  
Lunch Cafe

2/17/2025 - 2/21/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



WINTER  
RECESS!  
SCHOOL  
CLOSED

SCHOOL  
CLOSED  
TODAY

WINTER  
RECESS!  
SCHOOL  
CLOSED

SCHOOL  
CLOSED  
TODAY

WINTER  
RECESS!  
SCHOOL  
CLOSED



Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



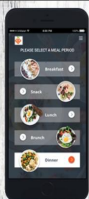
Available Daily: Boars Head cold cuts, cheeses and whole grain richrolls and wraps with assorted toppings



Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



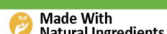
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



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# Fox Lane High School

Welcome to our  
Lunch Cafe

2/24/2025 - 2/28/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Incredibowls Chicken & Vegetable Rice  
fluffy rice topped with vegetable stir fry and baked chicken 🌱 🍴

Homemade Mac & Cheese  
pasta in cheese sauce, garnished with parsley 🌱 🍴

Homemade Chili  
hearty chili with tomatoes, spicy peppers and beans topped with cheddar cheese 🍴 🌱  
Brown Rice

Italian Marinated Turkey Tips  
Pasta with Butter

Nachos Grande  
tortilla chips topped with freshly prepared mexi style meat and cheese  
Brown Rice



Pizza Bagel  
Homemade Melted Cheese and tomato sauce on top of a whole grain bagel 🌱 🍴

Homemade Ham, Pepperoni and Cheese Stromboli  
ham, pepperoni and melted cheese wrapped in a pizza dough P 🍴

White Pizza  
freshly made pizza dough brushed with garlic and oil, topped with mozzarella, baked to perfection 🌱 🍴

Homemade three Cheese Calzone  
calzone stuffed with three delicious melted cheeses 🌱 🍴  
Homemade Buffalo Chicken Calzone 🍴

BBQ Chicken Pizza  
fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro 🍴

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Turkey BLT Wrap  
sliced turkey, bacon, lettuce, and tomato on a wrap P 🍴

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

Buffalo Chicken Wrap  
Buffalo chicken wrapped in a tortilla with lettuce and tomato 🍴  
Buffalo Chicken Wrap 🍴

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

Chicken Ranch Wrap  
tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap 🍴

Available Daily: Boars Head cold cuts, cheeses and whole grain richrolls and wraps with assorted toppings



Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱

Baked Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce

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

Baked Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce

Veggie Burger 🌱

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Simply Boxed Pepperoni Pizza Pack  
freshly prepared meal with cheese and pepperoni, tomato sauce, bread slices and vegetable sticks 🍴

Fruity Granola Parfait  
Low fat vanilla yogurt layered with fruit and granola 🌱 🍴 🌱

Chicken Caesar Wrap  
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🍴

Simply Boxed Belgian Waffle Bites  
freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and fruit 🌱 🍴 🌱

Simply Boxed Vegan Hummus Pack  
freshly prepared grab and go meal featuring hummus, crispy whole grain pita chips, sunflower seeds and sliced vegetables 🌱 🍴

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



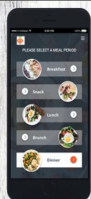
Mixed Vegetable Blend  
Pinto Bean Confetti Salad  
Sliced Oranges  
100% Orange Tangerine

Steamed Peas  
Confetti Garbanzo Bean Salad  
Fresh NY Local Apple  
Fresh Melon Cup

Sweet Corn  
Tomato Salad  
Pineapple  
Apple Slices

Broccoli Salad  
fresh broccoli with raisins and red onion, mixed in a creamy dressing  
Green Beans  
Fresh Melon Cup  
Fresh Orange

Baked Plantains  
Maduros  
Corn & Black Bean Salad  
Strawberry Cup  
Pineapple



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