

Lunch Menu

YMCA

March 2025

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

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

Marinara Sauce Dip
And Baby Carrots
Fresh Pear
Fat Free Chocolate Milk

4 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

With Crispy Potato Puffs
And Sweet Corn
Fresh NY Local Apple
Unflavored 1% Milk

5 Homemade Pasta & Meatballs

Green Beans
With Dinner Rolls
And Fresh Fruit Cup
Fat Free Chocolate Milk

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

Black Beans
Fresh Fruit Cup
Unflavored 1% Milk

7 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese

Caesar Salad
Mixed Fruit
Unflavored 1% Milk

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

With Dinner Rolls
Garlic Green Beans
And Fresh Fruit Cup
Unflavored 1% Milk

11 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

With Crispy Potato Puffs
And Sweet Corn
Fresh NY Local Apple
Unflavored 1% Milk

12 Beef Hot Dog on Bun
With Oven Baked Fries
And Baked Beans
And Mixed Fruit
Unflavored 1% Milk

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

With Sweet Potato Fries
And Mixed Fruit
Unflavored 1% Milk

14 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese

Side Garden Salad
Fresh Orange
Unflavored 1% Milk

17 Grilled Cheese Sandwich
Meltdown Café

Sweet Potato Fries
Steamed Carrots
Mixed Fruit
Fat Free Chocolate Milk

18 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

With Crispy Potato Puffs
And Sweet Corn
Fresh NY Local Apple
Unflavored 1% Milk

19 Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese

With Corn & Black Bean Salad
And Pineapple Cup
Unflavored 1% Milk

20 Chicken & Cheese Bowl
popcorn chicken layered with mashed potatoes and corn, covered in cheese

Sweet Corn
And Mixed Fruit
Unflavored 1% Milk

21 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese

Caesar Salad
Mixed Fruit
100% Apple Juice

24 Homemade Baked Pasta
with Cheese

Steamed Broccoli
And Whole Wheat Dinner Roll
Mixed Fruit
Unflavored 1% Milk

25 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

With Buttered Corn
And Oven Baked Fries
Fresh Banana
Unflavored 1% Milk

26 Belgian Waffle Bites
Sausage Patty
Hash Brown Potatoes
Fresh Apple
100% Juice Fruit Punch

27 NY Beef Burger
beef burger on a freshly toasted bun

Black Beans
With Sweet Potato Fries
And Pineapple Cup
Unflavored 1% Milk

28 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese

Side Garden Salad
Apple Slices
Fat Free Chocolate Milk

31 Cheesy Stuffed Bread
Sticks

With Marinara Sauce
And Steamed Peas
And Fresh Pear
Fat Free Chocolate Milk



All meals are served with fruit, vegetables & low fat milk

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)

For any food allergies or concerns, please contact the food service manager:

Milton Silva

Daily Sandwich Offerings:

MONDAY: Sun Butter & Jelly
TUESDAY: Turkey & American Cheese
WEDNESDAY: Double Cheese
THURSDAY: Ham & American Cheese
FRIDAY: Salami & American Cheese