

Wallkill HS

3/3/2025 - 3/7/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



3 Meltdown Cafe
Grilled Cheese with Bacon
grilled cheese with layers of crisp bacon on toasty bread
Fresh Cucumber Salad
Crispy Potato Puffs
Sliced Oranges

4 Beef and Cheese Quesadilla 🌮
Sour Cream
Mild Salsa
Confetti Kidney Bean Salad
Fiesta Corn
Fresh Grapes

5 Alfredo Pasta
Pasta with alfredo sauce 🌱 🌮
Baked Chicken Tenders
Chilled Red Pepper Strips
Lite Ranch Dressing
Green Beans
Strawberries

6 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

7 Chicken Parmesan Flatbread
Chicken with tomato sauce and mozzarella in toasted flatbread 🌮
Roasted Squash
Fresh Orange

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



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

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freshly made pizza topped with fresh cheddar cheese and crisp broccoli florets 🌱 🌮

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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

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warm spicy chicken breaded cutlet prepared in-house

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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.fdmealplanner.com
Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



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 🌱 🌮

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

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



Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱 🌮
Fruity Granola Parfait 🌱 🌮 🌱

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fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱 🌮
Fruity Granola Parfait 🌱 🌮 🌱

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fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱 🌮
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fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱 🌮
Fruity Granola Parfait 🌱 🌮 🌱



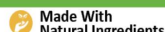
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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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Wallkill HS

3/10/2025 - 3/14/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



10 Cinnamon French Toast
slices of French toast baked to perfection ✓
Syrup
Sausage Patty
Crispy Potato Puffs
Fresh Strawberries
BRUNCH FOR LUNCH TODAY!

11 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
Honeydew and Cantaloupe Cup



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



13 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

14 BBQ Meatballs
juicy meatballs smothered in BBQ sauce
Yellow Rice
Tomato Salad
Steamed Peas
Fresh Banana

National Meatball Day Observed

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.fdmmealplanner.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

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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

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 🍷

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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 🍷

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 🍷
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 🍷

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tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
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Fruity Granola Parfait 🍷

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tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
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Fruity Granola Parfait 🍷

Italian Pizza Salad
tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
P 🍷
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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Wallkill HS

3/17/2025 - 3/21/2025

Welcome to our
Lunch Cafe

MEATLESS
MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

18 Sloppy Joe Nachos
tortilla chips topped with sloppy joe meat
Sour Cream
Yellow Rice
Seasoned Black Beans
Cajun Roasted Broccoli
Fresh Apple

National
Sloppy Joe
Day

19 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



the wing shack

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

21 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Tomato Sauce
Sautéed Spinach
seasoned spinach sautéed 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

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

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

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freshly made sandwich with thinly sliced turkey, ham and cheese

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freshly made sandwich with thinly sliced turkey, ham and cheese

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freshly made sandwich with thinly sliced turkey, ham and cheese

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

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

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



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



Wallkill HS

Welcome to our
Lunch Cafe

3/24/2025 - 3/28/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



24 Pasta with Creamy Tomato Sauce & Chicken
pasta with creamy tomato sauce, chicken and spinach 🥗
Roasted Squash
Steamed Broccoli
Applesauce

Crunchy
Taco Day
Observed

25 Walking Taco
Yellow Rice
Shredded Cheddar Cheese
Iceberg Lettuce
Sour Cream
Mild Salsa
Spicy Four Bean Salad
Steamed Carrots
Fresh Orange

26 General Tso's Chicken sandwich
crispy chicken in General Tso's sauce served as a sandwich
Side Garden Salad
Green Beans
Strawberries

27 Pizza Burger
burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun 🥗
Chilled Red Pepper Strips
Lite Ranch Dressing
Oven Baked Fries
Fresh Apple

28 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
Crispy Potato Puffs
Steamed Carrots
Fresh Banana

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 🥗

Meatball Pizza
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



Beef Hot Dog on Bun
juicy beef hot dog on a soft bun

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juicy beef hot dog on a soft bun

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juicy beef hot dog on a soft bun

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juicy beef hot dog on a soft bun

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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 🥗 🥗 🥗

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

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



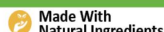
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

Welcome to our
Lunch Cafe

3/31/2025 - 3/31/2025



Monday

Tuesday

Wednesday

Thursday

Friday



31 Buffalo Chicken
Tenders
*Buffalo chicken tenders
with carrot and celery
sticks* 🍷
Mashed Potatoes
Cajun Roasted
Broccoli
Fresh Apple

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



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

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



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

Available Daily: Made to Order and ALWAYS Fresh!



Eastern Chicken
Salad
*chicken breast, mandarin
oranges and scallions
over a bed of mixed
greens with an orange
dressing* 🍷



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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