

Lunch Menu

YMCA

**May
2025**

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

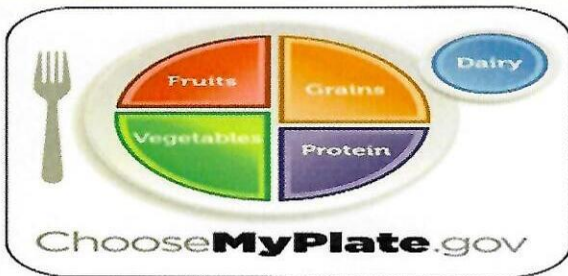
Monday

Tuesday

Wednesday

Thursday

Friday



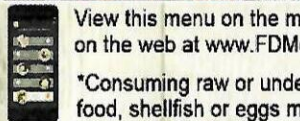
5 Crispy Tacos
homemade spicy taco meat
inside a crispy taco shell topped
with cheese
Fiesta Corn
And Pineapple Cup
Unflavored 1% Milk

12 Mozzarella Sticks

With Marinara Sauce
Peas and Carrots
And Fresh Pear
Fat Free Chocolate Milk

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

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

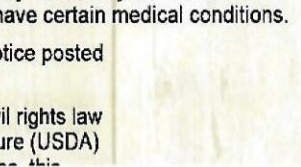
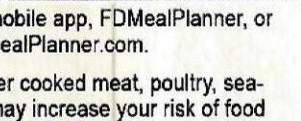
**Menu is subject to change, notice posted when available.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this

6 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

13 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

20 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



7 Belgian Waffle Bites
With Sausage Patty
And Hash Brown Potatoes
And Fresh Apple
100% Juice Fruit Punch

BRUNCH FOR LUNCH TODAY!

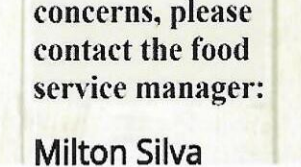
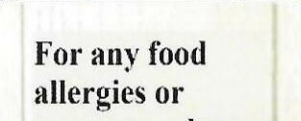
14 Nachos Grande
tortilla chips topped with freshly
prepared mexi style meat and
cheese

With Black Beans
And Fresh Fruit Cup
Unflavored 1% Milk

21 Belgian Waffle Bites
With Sausage Patty
And Hash Brown Potatoes
And Fresh Apple
100% Juice Fruit Punch

BRUNCH FOR LUNCH TODAY!

28 Beef Hot Dog on Bun
With Sweet Potato Fries
And Side of Beans
And Mixed Fruit
Unflavored 1% Milk



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

With Sweet Corn
And Mixed Fruit
Unflavored 1% Milk

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

With Sweet Corn
And Mixed Fruit
Unflavored 1% Milk

22 Crispy Chicken Sandwich
With Sweet Potato Fries
And Cucumber Coins
And Pineapple Cup
Unflavored 1% Milk

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

With Sweet Corn
And Mixed Fruit
Unflavored 1% Milk



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

With Caesar Salad
And Mixed Fruit
Unflavored 1% Milk

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

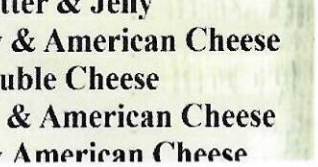
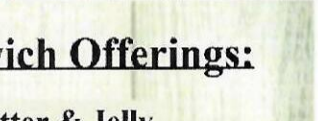
With Side Garden Salad
And Fresh Orange
Unflavored 1% Milk

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

With Caesar Salad
And Mixed Fruit
100% Apple Juice

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

With Caesar Salad
And Mixed Fruit



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

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