



Lunch Menu

James I. O'Neill HS

March 2025

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

3 Homemade Mac & Cheese
 
 Dinner Rolls
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup
 Spiced Roasted Green Beans w/ Parmesan

Tuesday


4 Yard Bird Classic Chicken Sandwich
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup
 Crispy Potato Puffs





Wednesday

5 Homemade Fish Tacos
seasoned baked fish pieces topped with lettuce and cheese in warm taco shells 
 Spiced Roasted Green Beans w/ Parmesan
 Seasoned Rice
 Mixed Fruit
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup

Thursday


6 Pasta with Meat Sauce 
 Cheesy Garlic Bread
 Steamed Broccoli
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Mixed Fruit

Friday


7 Cheese Pizza  
 Crispy Chicken Sandwich
 Oven Baked Fries
 Fat Free Chocolate Milk
 Mixed Fruit

1/2 Day Grab & Go Lunches


10 Cheesy Stuffed Bread Sticks 
 Tomato Sauce
 Spinach Salad
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Applesauce

11 Beef and Tomato Macaroni Casserole
elbow macaroni mixed with cooked beef, tomato sauce, and cheese 
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Black Beans
 Applesauce



12 General Tso's Chicken 
 Vegetable Fried Rice
 Three Vegetable Medley
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Applesauce


13 Grilled Cheese Sandwich 
 Cinnamon & Honey Roasted Beans
 Tomato Soup
 Oven Baked Fries
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Applesauce

14 Homemade Shepherd's Pie
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup
 Or
 Fish and Chips
crispy breaded fish with a side of baked fries

17 **SCHOOL CLOSED TODAY**


18 Bun Appetit Hot Honey Crispy Chicken Sandwich
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup
 Baked Beans



19 Cinnamon French Toast 
 Sausage Patty
 Oven Baked Fries
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup



20 Cheeseburger
 Sweet Corn
 Crispy Potato Puffs
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup

21 Chicken & Cheese Bowl
 Sautéed Spinach
 Fresh Orange
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Or
 Sabrosos Cajun Fish Taco
seasoned fish in a corn taco shell topped with pickled cabbage and cilantro lime yogurt crema 

24 Alfredo Pasta  
 Roasted Squash
 Cheesy Stuffed Bread Sticks 
 Fresh Orange
 Unflavored 1% Milk
 Diced Peaches
 Diced Pear Cup

25 Walking Taco
mexi-style taco meat paired with crispy chips
 Yellow Rice
 Sriracha Garbanzo Beans
 Diced Peaches




26 Wing Shack Honey BBQ Chicken Wings
 Thai Chicken Wings 
 Crispy Potato Puffs
 Celery & Carrot Sticks w/ Low Fat Dressing
 Diced Pear Cup



27 Spicy Chicken Melt
 Meltdown Café
 Spicy Black Bean Salad
 Oven Baked Fries
 Diced Peaches
 Diced Pear Cup



28 BBQ Chicken
 Cajun Roasted Broccoli
 Sweet Potato Fries
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup
 Or
 Homemade Ritz Cracker Crusted Fish
tender baked fish in a crunchy Ritz cracker topping 

31 Mozzarella Sticks 
 Tomato Sauce
 Green Beans
 Dinner Rolls
 Unflavored 1% Milk
 Fat Free Chocolate Milk
 Diced Pear Cup



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 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.

Offered Daily

Fresh Vegetable Crudite, Apples & Oranges

Choice of 1% Milk, FF Chocolate

All breads are WG

Lunch Prices

1st Lunch No Cost Additional

meal:\$3.25, Adult Lunch: \$5.25

Milk \$ 0.85



Vegetarian



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

Offered Daily

La Cucina: Cheese, Pepperoni, Daily Specials

Miss Ruby's: Chicken Sandwich, Burgers & Cheeseburgers

Weekly Specials

Real Meals: Grab and Go Sandwiches/ Wraps

Chicken Salads, Garden Salads with Cheese (all served with WG Roll)

Yogurt Parfaits with Fruit and Granola