

Wallkill HS

Welcome to our
Lunch Cafe

4/1/2025 - 4/4/2025

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



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

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

3 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

4 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



For Menu Questions
please contact
Marilyn Digregorio @
digregoriom@
whitsons.com

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 🌱 🌮

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

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



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

Spicy Chicken Sandwich
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 P 🌮

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

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Italian Stallion Panini
freshly prepared grilled panini with pepperoni, ham, mozzarella cheese and lettuce P 🌮

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



Chicken Caesar Salad
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 🌮

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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 🌱 🌮 🌮

Fruity Granola Parfait 🌱 🌮 🌮

Fruity Granola Parfait 🌱 🌮 🌮

Fruity Granola Parfait 🌱 🌮 🌮

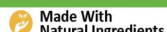
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

4/7/2025 - 4/11/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



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



8 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

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



10 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

SPRING BREAK!
SCHOOL CLOSED

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

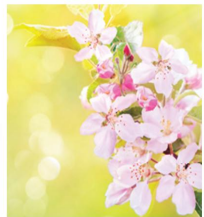


Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball
P

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freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball
P

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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 Melt-down Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Grilled Cheese Sandwich Melt-down Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Grilled Cheese Sandwich Melt-down Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Grilled Cheese Sandwich Melt-down Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

SPRING BREAK!
SCHOOL CLOSED

National Grilled Cheese Day Observed

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

Deli Bar Buffalo Chicken Sandwich
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

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tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
P

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

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

SPRING BREAK!
SCHOOL CLOSED



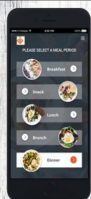
Fruity Granola Parfait

Fruity Granola Parfait

Fruity Granola Parfait

Fruity Granola Parfait

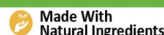
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls



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Wallkill HS

Welcome to our
Lunch Cafe

4/14/2025 - 4/18/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

14

15

16

17

18



**SPRING
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SCHOOL
CLOSED**

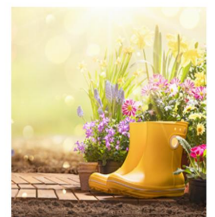
**SPRING
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SCHOOL
CLOSED**

**SPRING
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SCHOOL
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SCHOOL
CLOSED**

**SPRING
BREAK!
SCHOOL
CLOSED**

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



Opening New Special EVERY DAY

Available Daily: To see our menus, visit us at: www.fdmealplanner.com cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



**SPRING
BREAK!
SCHOOL
CLOSED**

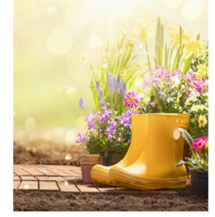
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**SPRING
BREAK!
SCHOOL
CLOSED**

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Available Daily: Made to Order and ALWAYS Fresh!



**SPRING
BREAK!
SCHOOL
CLOSED**

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**SPRING
BREAK!
SCHOOL
CLOSED**



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

WHITSON'S
School Nutrition

Wallkill HS

Welcome to our
Lunch Cafe

4/21/2025 - 4/25/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



21
**SPRING
BREAK!
SCHOOL
CLOSED**

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

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

24 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

25 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 🍕*

Meatball Pizza
*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 🍕*

Offering New Specials **EVERY WEEK!**

To see our menus, visit us at:
www.fdmealplanner.com

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



**SPRING
BREAK!
SCHOOL
CLOSED**

Pretzel
Cheese Sauce

Pretzel
Cheese Sauce

Pretzel
Cheese Sauce

Pretzel
Cheese Sauce

National Pretzel Day Observed

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



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 🍕*

Deli Bar
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!**



**SPRING
BREAK!
SCHOOL
CLOSED**

Garden Salad Entree
*fresh garden salad
topped with meat 🍕*
Dinner Rolls
Fruity Granola
Parfait 🍏 🍌 🍌

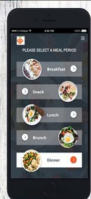
Garden Salad Entree
*fresh garden salad
topped with meat 🍕*
Dinner Rolls
Fruity Granola
Parfait 🍏 🍌 🍌

Garden Salad Entree
*fresh garden salad
topped with meat 🍕*
Dinner Rolls
Fruity Granola
Parfait 🍏 🍌 🍌

Garden Salad Entree
*fresh garden salad
topped with meat 🍕*
Dinner Rolls
Fruity Granola
Parfait 🍏 🍌 🍌



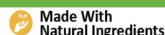
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

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4/28/2025 - 4/30/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



28 Buffalo Chicken Tenders
Buffalo chicken tenders with carrot and celery sticks 🥕
Mashed Potatoes
Cajun Roasted Broccoli
Fresh Apple



29 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🥕
Tomato Sauce
Sauteed Spinach
seasoned spinach sauteed in oil
Fresh Orange

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

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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fresh pizza dough topped with mozzarella & cheddar cheese and baked until crisp 🥕

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

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

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 🥕

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

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 🥕

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chicken breast, mandarin oranges and scallions over a bed of mixed greens with an orange dressing 🥕

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



Fruity Granola Parfait 🥕

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

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

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



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