

Wallkill HS

5/1/2025 - 5/2/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



1 Spicy Chicken Nuggets
Oven Baked Fries
Spiced Roasted Green Beans w/ Parmesan
Fresh Apple

2 Homemade Chicken & Cheese Stromboli
Chicken and melted cheese wrapped in a pizza dough 🍕
Tomato Sauce
Roasted Squash
Fresh Grapes

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 🍕

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

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 🍕

Deli Bar
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 🍕

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🍕



Fruity Granola Parfait 🍌 🍌

Fruity Granola Parfait 🍌 🍌

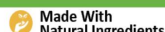
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

Welcome to our
Lunch Cafe

5/5/2025 - 5/9/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



5 Fluffy Whole Grain Waffles
warm whole grain waffles
Syrup
Sausage Patty
Crispy Potato Puffs
Fresh Strawberries
BRUNCH FOR LUNCH TODAY!

6 Tot Spot's Philly Tater Tots
crispy tater tots topped with beef, peppers and onions and creamy cheese sauce
TOT SPOT
Seasoned Rice
Chickpea Salad
Spicy Honey Carrots
Honeydew and Cantaloupe Cup

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

8 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

SCHOOL CLOSED TODAY

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

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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

SCHOOL CLOSED TODAY

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

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

SCHOOL CLOSED TODAY

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

SCHOOL CLOSED TODAY

Available Daily: Made to Order and ALWAYS Fresh!



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

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

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SCHOOL CLOSED TODAY



Fruity Granola Parfait

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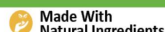
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls



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Wallkill HS

Welcome to our
Lunch Cafe

5/12/2025 - 5/16/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



12 Homemade Spicy Pork Mac & Cheese
shredded pork mixed with hot sauce blended with pasta smothered in a creamy cheese sauce  
Chilled Red Pepper Strips
Steamed Peas
Applesauce

13 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Sour Cream
Yellow Rice
Seasoned Black Beans
Cajun Roasted Broccoli
Fresh Apple

14 Chicken Parmesan Sandwich
chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
Side Garden Salad
Steamed Carrots
Fresh Pear

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

16 Philly Cheesesteak Wrap
thin sliced steak with sauteed peppers and onions with cheese on a whole wheat wrap 
Sweet Corn
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 

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fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 

Offering New Specials **EVERY WEEK!**

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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

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  

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fresh strawberries with chicken over greens 
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fresh strawberries with chicken over greens 
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fresh strawberries with chicken over greens 
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fresh strawberries with chicken over greens 
Fruity Granola Parfait  



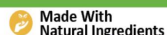
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

Welcome to our
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5/19/2025 - 5/23/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



19 Meltdown Cafe
Grilled Cheese with Bacon
grilled cheese with layers of crisp bacon on toasty bread
French Onion Soup
Steamed Broccoli Applesauce

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

21 Chicken Lo Mein
tender chicken sauteed with vegetables and lo mein noodles
Side Garden Salad
Roasted Asparagus
Pineapple
HARVEST
asparagus

22 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

SCHOOL
CLOSED
TODAY

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

SCHOOL
CLOSED
TODAY

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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

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

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

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

SCHOOL
CLOSED
TODAY

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

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turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla

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turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla

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turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla

SCHOOL
CLOSED
TODAY

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



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

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fresh garden salad topped with meat
Dinner Rolls
Fruity Granola Parfait

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

SCHOOL
CLOSED
TODAY



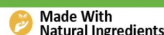
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

5/26/2025 - 5/30/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

26

27

28

29

30



SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

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

BBQ Meatballs
juicy meatballs
smothered in BBQ sauce
Yellow Rice
Tomato Salad
Sauteed Spinach
seasoned spinach
sauteed in oil
Fresh Banana

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



SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

Grilled Cheese Pizza
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 🌱 🥕

NEW SPECIALS EVERY WEEK!

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

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



SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

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



SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

Chicken Caesar
Wrap
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!



SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

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

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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