

Lunch Menu

HFIS

December 2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>1 Cheesy Stuffed Bread Sticks  Tomato Sauce Unflavored 1% Milk Fat Free Chocolate Milk Mixed Fruit Steamed Broccoli</p> | <p>2 Chicken & Cheese Quesadilla Sauteed Corn & Black Bean Salsa Seasoned Rice Mixed Fruit Fresh Baby Carrots Unflavored 1% Milk Fat Free Chocolate Milk</p> | <p>3 Yard Bird Classic Chicken Sandwich Green Beans Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk</p>  | <p>4 Cheeseburger Oven Baked Fries Unflavored 1% Milk Fat Free Chocolate Milk Roasted Parmesan Butternut Squash</p> <p>National Cookie Day</p> | <p>5 Classic Cheese Pizza  Mixed Fruit Unflavored 1% Milk Fat Free Chocolate Milk Celery & Carrot Sticks w/ Low Fat Dressing</p> |
| <p>8 Fluffy Whole Grain Pancakes  Egg Patty Syrup Oven Baked Fries Applesauce Unflavored 1% Milk Fat Free Chocolate Milk</p> <p>IT'S BRUNCH FOR LUNCH!</p> | <p>9 Nachos Grande  Side of Beans Salsa Applesauce Unflavored 1% Milk Fat Free Chocolate Milk</p> | <p>10 Crispy Popcorn Chicken Brown Rice Applesauce Unflavored 1% Milk Fat Free Chocolate Milk Sweet Corn</p> | <p>11 Homemade Baked Pasta with Cheese   Homemade Garlic Bread Applesauce Unflavored 1% Milk Fat Free Chocolate Milk Roasted Butternut Squash</p> <p>Lucky Tray Day!</p> | <p>12 Classic Cheese Pizza  Side Salad Applesauce Unflavored 1% Milk Fat Free Chocolate Milk</p> |
| <p>15 Homemade Mac & Cheese   Steamed Peas Fresh Baby Carrots Dinner Rolls Mixed Fruit Fat Free Chocolate Milk Unflavored 1% Milk</p> | <p>16 Nachos Grande  Black Beans Mild Salsa Mixed Fruit Unflavored 1% Milk Fat Free Chocolate Milk</p> | <p>17 Buffalo Chicken Sauce & Toss <i>popcorn chicken glazed with Buffalo sauce</i> Oven Baked Fries Fresh Baby Carrots Celery Mixed Fruit Fat Free Chocolate Milk Unflavored 1% Milk Ranch Dressing</p> | <p>18 BBQ Chicken Sandwich Crispy Potato Puffs Baked Beans Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk</p> <p>National Ice Cream Day STUDENT APPRECIATION DAY</p> | <p>19 Cheese Pizza   Steamed Broccoli Fresh Orange Fat Free Chocolate Milk Unflavored 1% Milk</p> |
| <p>22 HOLIDAY JOY</p>  | <p>23 HOLIDAY JOY</p>  | <p>24 HOLIDAY JOY</p>  | <p>25 HOLIDAY JOY</p>  | <p>26 HOLIDAY JOY</p>  |
| <p>29 HOLIDAY JOY</p>  | <p>30 HOLIDAY JOY</p>  | <p>31 HAPPY NEW YEAR</p>  |   | |

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. If you have a food allergy, or intolerance, please notify us.

***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.

Lunch Price

First Lunch: no cost 2nd Meals
FMES \$3, HFIS \$3.25 Adult: \$5.09
(\$5.25 with tax) Milk: \$0.85
If you have any questions or would like more information, please contact your Food Service Director
Kathy Coakley 845-446-4914

 Vegetarian  extv2890  Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

Daily Lunch Offerings

Grab and Go Sandwiches - Turkey, Ham, Cheese, Sun butter/Jelly on WG breads, Entree Salads: Chicken, or Garden Salads with Cheese (all served with WG Roll). Bagel with Yogurt.

A variety of Fresh Fruits and Vegetables available daily

Allergen available upon request