

Lunch Menu

James I. O'Neill HS

December 2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 General Tso's Chicken 🍗
Vegetable Fried Rice
Stir Fry Vegetables
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup



2 Crispy Tacos
Soft Tacos
Salsa
Corn & Black Bean Salad
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

3 Yard Bird Classic Chicken Sandwich
Spiced Roasted Green Beans w/ Parmesan
Oven Baked Fries
Mixed Fruit
Unflavored 1% Milk
Fat Free Chocolate Milk



4 Homemade Pasta & Meatballs 🍝
Cheesy Garlic Bread
Steamed Broccoli
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Fruit

National Cookie Day

5 Chicken Philly Sandwich 🍗
Oven Baked Fries
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup
Roasted Butternut Squash

8 Homemade French Toast 🍞
Sausage Patty
Oven Baked Fries
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce



9 Nachos Grande 🍷
Fiesta Corn
Unflavored 1% Milk
Fat Free Chocolate Milk
Black Beans
Applesauce

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

11 Meltdown Cafe Grilled Cheese with Bacon
Grilled Zucchini
Oven Baked Fries
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce

12 BBQ Chicken
Mixed Fruit
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce
Moroccan Roasted Carrots

STUDENT APPRECIATION DAY

15 Homemade Mac & Cheese 🍝
Steamed Peas
Dinner Rolls
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup

16 Nachos Grande
Salsa
Sour Cream PC
Seasoned Black Beans
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

17 Buffalo Chicken Sauce & Toss
Celery Sticks
Fresh Baby Carrots
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup
Whole Wheat Dinner Roll

National Ice Cream Day

18 Cheeseburger
Sweet Corn
Pickle Chips
Side Salad
Sliced Tomatoes
Crispy Potato Puffs
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup

19 Chicken & Cheese Bowl 🍗
Sautéed Spinach
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup

22 **HOLIDAY JOY**



23 **HOLIDAY JOY**



24 **HOLIDAY JOY**



25 **HOLIDAY JOY**



26 **HOLIDAY JOY**



29 **HOLIDAY JOY**



30 **HOLIDAY JOY**



31 **HAPPY NEW YEAR**




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.

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: \$5.00
Vegetarian Made With Natural Ingredients Milk \$ 0.85

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

Food allergen information available upon request

P Pork Smart Choice Made With Organic Ingredients