

Lunch Menu

Syosset Elementary School

January 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

* Turkey, ** Chicken, *** Beef, **** Beef/Chicken



5 Mozzarella Sticks
crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into your
favorite sauce 🌱
Tomato Sauce
Crispy Potato Puffs
Celery
Clementine(2)
MEATLESS MONDAY
HARVEST

6 Baked Chicken
Tenders
With Honey Mustard
Dressing
And Whole Wheat
Dinner Roll
Sweet Potato Fries
Apple Slices
HARVEST

7 Whole Grain Waffles
** with Sausage
Crispy Potato Puffs
Confetti Garbanzo
Bean Salad
Baby Carrots
Fresh Pear
BRUNCH FOR LUNCH TODAY!

8 Pasta with Meat
*** Sauce 🍷
Green Beans
Carrot Sticks
Clementine (2)

9 Cheese Pizza 🌱 🍷
**** Pepperoni Pizza 🍷
Sautéed Zucchini
Caesar Salad
Organic Applesauce

12 Homemade Mac &
Cheese 🌱 🍷
Crispy Potato Puffs
Roasted Lemon
Parmesan Broccoli
Clementine (2)
MEATLESS MONDAY
HARVEST

13 General Tso's
Chicken
crispy chicken with broccoli
in General Tso's sauce 🍷
With Brown Rice
Roasted Butternut
Squash
Celery
Apple Slices

14 * Nachos Grande
Salsa
Fiesta Corn
Confetti Kidney Bean
Salad
Baby Carrots
Fresh Pear

15 Homemade Baked
Pasta with Cheese 🌱
Cucumber Coins
Celery
Clementine (2)

16 Cheese Pizza 🌱 🍷
**** Pepperoni Pizza 🍷
Spinach Salad
Baby Carrots
Organic Applesauce



20 Baked Chicken
Tenders
With Chick'n Dipp'n
Sauce
And Brown Rice
Steamed Carrots
Celery
Apple Slices

21 Whole Grain
Pancakes with
** Sausage
Crispy Potato Puffs
Confetti Garbanzo
Bean Salad
Baby Carrots
Fresh Pear
BRUNCH FOR LUNCH TODAY!

22 Homemade Pasta &
*** Meatballs 🍷
Green Beans
Celery
Clementine (2)

23 Cheese Pizza 🌱 🍷
**** Pepperoni Pizza 🍷
Sautéed Kale
Baby Carrots
Mango Cup

26 Homemade Mac &
Cheese 🌱 🍷
Crispy Potato Puffs
Roasted Lemon
Parmesan Broccoli
Clementine (2)
MEATLESS MONDAY
HARVEST

27 Wing Shack Chicken
Wings
With Sweet & Sour
Sauce
And Whole Wheat
Dinner Roll
Sweet Potato Fries
Apple Slices
HARVEST

28 * Nachos Grande
Salsa
Fiesta Corn
Confetti Kidney Bean
Salad
Baby Carrots
Fresh Pear

29 Pasta with Meat
Sauce 🍷
Green Beans
Carrot Sticks
Clementine (2)

30 Cheese Pizza 🌱 🍷
**** Pepperoni Pizza 🍷
Sautéed Zucchini
Caesar Salad
Organic Applesauce

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.



MEAL PRICE:

All Students: \$0.00
Second Meals: \$2.75
Adult \$5.20+tax
Milk: Student-\$0.75
Adult \$0.75+Tax
General Manager
Karen Ball
kball@syossetschools.org

Daily Lunch Offerings: Garden Salad or Chicken Caesar Salad w/a grain. Turkey or Ham sandwich w/without cheese, or Sunflower Seed Butter w/Jelly Sandwich, Cheese Sandwich or Bagel Meal (bagel, yogurt, cheese stick and/or egg) **Vegetarian options available Daily: Nuggets and Burgers. Daily Fruit & Vegetable options:** Asst. 100% juice, apples, oranges, pears, bananas; baby carrots, celery, side salad. **All meals served with:** 1% white, fat free white, FF chocolate milk (all antibiotic and hormone free) *Gluten free options available. Contact manager for more information. *

