

Lunch Menu

James I. O'Neill HS

February 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

2 Incredibowl Chicken Quinoa Bowl
tender chicken laid atop a bed of cooked quinoa and topped with sauteed peppers and onions, salsa, corn and guacamole 🌱 🌱
Unflavored 1% Milk
Fat Free Chocolate Milk




3 Tot Spot's BBQ Pulled Pork Tater Tots 🌱 🌱
Spicy Garbanzo Bean Salad
Mixed Fruit



4 Homemade Roasted Pepper & Chicken with Pasta
roasted pepper and seared chicken tossed with pasta in a cream butter sauce 🌱
Cheesy Garlic Bread
Diced Peaches
Roasted Vegetables
HARVEST of the month peppers



5 Enchilada Spicy Beef with Cheese
a soft tortilla filled with tender beef, cheese and cooked rice, baked in the oven and layered with salsa 🌱
Rice & Beans
Steamed Broccoli
Diced Pear Cup

6 Blazin Buffalo Chicken Sliders
Or Meatball Sliders
Oven Baked Fries
Baked Beans
Unflavored 1% Milk
Fat Free Chocolate Milk



9 Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken 🌱
Whole Wheat Dinner Roll
Steamed Peas
Fresh Apple



10 Sloppy Joe Nachos
tortilla chips topped with sloppy joe meat 🌱
Side Salad
Fiesta Corn
Diced Peaches

11 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 🌱
Vegetable Fried Rice
Stir Fry Vegetables
Fresh Orange

12 Honey Chipotle Chicken
Homemade
marinated chicken in a sauce made with honey and chipotle peppers in adobo sauce 🌱
Seasoned Rice
Side of Beans
Applesauce
STUDENT APPRECIATION DAY

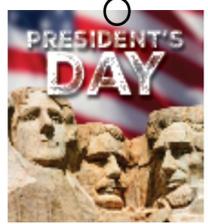


13 Yard Bird Classic Chicken Sandwich
Crispy Potato Puffs
Diced Pear Cup

Early Release



16



17

SCHOOL CLOSED TODAY

18 Chili in a Biscuit Cup 🌱 🌱
Fresh Orange
Moroccan Roasted Carrots
Cinnamon & Honey Roasted Beans

National Chili Day

19 Tot Spot's BBQ Chicken Tater Tots
crispy tater tots topped with BBQ chicken and scallion garnish 🌱
Applesauce
Chili Roasted Broccoli



20 Tex Mex Shepherd's Pie 🌱
Homemade Cinnamon & Sugar Tortilla Chips
Diced Pear Cup
Spinach Salad
Mixed Vegetables

National Tortilla Chip Day

23 Pesto Pasta with Herbs 🌱 🌱
Homemade Garlic Bread
Roasted Squash
Fresh Orange
Unflavored 1% Milk

VEGETARIAN

24 Chicken Paella 🌱
Homemade Corn Bread
Spicy Tomato Salad
Diced Pear Cup

25 Springtime Grilled Cheese Meltdown Café
Choice of 1% Milk, FF Chocolate
All breads are WG

Tomato Soup
Crispy Potato Puffs
Fresh Orange
Garden Salad



26 Crispy Beef Stir Fry 🌱
Seasoned Rice
Stir Fry Vegetables
Spicy Black Bean Salad
Applesauce

27 Homemade Baked Pasta with Cheese 🌱 🌱
Homemade Garlic Bread
Side Salad
Diced Pear Cup
Spinach Salad

National Strawberry Day

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 Crudité & Fruits
Choice of 1% Milk, FF Chocolate
All breads are WG
Lunch Prices
1st Lunch No Cost Additional
meal:\$3.25
Adult Lunch: \$5.25

 Vegetarian MILK 0.85  Made With Natural Ingredients

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

 Pork  Smart Choice  Made With Organic Ingredients