

Lunch Menu

Lansingburgh Middle School

March 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

2 Fish Patty Melt Sandwich
crispy breaded Pollock topped with melted cheese served on a warm roll
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk



3 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Glazed Carrots
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

4 Chicken Parmesan Sandwich
chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk


5 BBQ Pulled Pork Sandwich
shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun 
Baked Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk


6 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Brown Rice
Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

9 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 
Marinara Sauce
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk



10 Taco Bar
Glazed Carrots
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

11 Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy 
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

12 Chicken Cheesesteak Wrap
freshly seasoned chicken topped with melted cheese and sautéed peppers and onions served inside a warm wrap 
Baked Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk


SCHOOL CLOSED TODAY

16 Homemade Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection 

Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk



17 Taco Bar
Glazed Carrots
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

18 Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house 
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

19 Incredibowls Fiesta Chicken & Rice Bowl
seasoned rice topped with beans, chicken, corn and cheese 
Black Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk


20 Meatball Sandwich
warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house
Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

23 Cheese Quesadilla
freshly grilled flour tortilla with melted cheese 
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk



24 Taco Bar
Glazed Carrots
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

25 Buffalo Chicken Panini
buffalo chicken with lettuce and tomato on a panini 
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

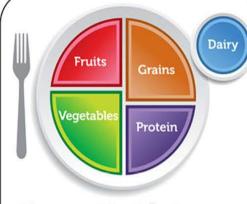
26 Philly Cheese Steak
thinly sliced beef topped with sautéed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 
Baked Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

27 Steamed Chicken and Vegetable Dumplings
stuffed dumplings perfect for dipping in your favorite seasoned sauce 
Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

30 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 
Marinara Sauce
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk



31 Taco Bar
Glazed Carrots
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk



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FREE Lunch
FOR EVERY STUDENT every day



HARVEST of the month chickpeas



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.

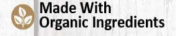
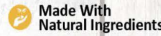
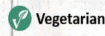
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Adult Meal - \$5.23 + Tax

All students are eligible to receive **one** free meal at lunch.

MENU IS SUBJECT TO CHANGE.



Fresh Fruit and Vegetable available daily.

Other lunch options available daily.

If you have any questions or would like additional information regarding this menu please contact the Director of Food Service, Kevin Darrigo, at 518-233-6829 or kdarrigo@lansingburgh.org.