

Lunch Menu

POB JFK High School

May
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday


Friday

4 Veggabol BBQ Chickpea Rice Bowl 


Homemade Mac & Cheese 
Garden Salad
Fresh NY Local Apple

MEATLESS MONDAY

5 Soft Tacos
Fiesta Corn
Garden Salad
Fresh Orange


6 General Tso Chicken Noodle Bowl 
Steamed Carrots
Garden Salad
Fresh Pear

7 Yard Bird Classic Chicken Sandwich
Pickle Chips
Crispy Potato Puffs
Garden Salad
Apple Slices

8 Mozzarella Sticks 
Marinara Sauce
Chili Roasted Broccoli
Fresh Banana

11 Cheesy Stuffed Bread Sticks 
Marinara Sauce Dip
Garden Salad
Fresh NY Local Apple

MEATLESS MONDAY


12 Sloppy Joe on a Bun 
Baked Beans
Garden Salad
Fresh Orange





13 Mozzarella Stick & Chicken Nugget Combo Meal
Green Beans
Garden Salad
Fresh Pear

HARVEST

14 Nachos Grande 
Sour Cream
Sauteed Corn & Black Bean Salsa
Garden Salad
Apple Slices

HARVEST

15 Cheesy Stuffed Bread Sticks 
Roasted Broccoli
Fresh Banana

18 Veggabol Fiesta Rice and Beans Bowl 

Homemade Baked Pasta with Cheese 
Fresh Orange 



MEATLESS MONDAY

19 Mac & Cheese with Spicy Beef 
Homemade Mac & Cheese 
Green Beans
Fresh Orange

20 Ranch & Chicken Quesadilla
Black Beans
Fresh Pear

IT'S STUDENT APPRECIATION DAY

21 Beef Hot Dog on Bun
Baked Beans
Oven Baked Fries
Apple Slices

22 Pizza Bagel 
Or Ham & Cheese Bagel Melt 
Caesar Salad
Fresh Banana



26 Mozzarella Sticks 
Marinara Sauce
Garden Salad
Fresh NY Local Apple

27 Whole Grain Pancakes with Sausage
Fresh Blueberries
Fresh Strawberries
Sweet Potato Fries

28 Nachos Grande
Sour Cream
Sauteed Corn & Black Bean Salsa
Garden Salad
Fresh NY Local Apple

29 Pizza Crunchers 
Roasted Broccoli
Garden Salad
Fresh Banana

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.

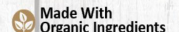
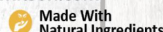
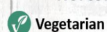
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex



Meal Prices
ALL FREE MEALS

Gluten Free/Vegetarian Options Available

For more information email
General Manager Megan
McDonnell at
nortonm@whitson.com



Available Daily: Asstd. Pizza, Chicken Patty & Burgers, Bagel w/Cheese Sticks, Popcorn Chicken w/ Dinner Roll, Yogurt Parfaits, Hot and cold Asstd. Sandwiches & Entrée Salads

Daily Fruit & Veg: Tator Tots, Asstd. Fresh, Cupped & 100% Juices. Carrot Sticks & Tater Tots

Available Milk: 1% White, Fat Free White, Fat Free Chocolate

(including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.