

Lunch Menu

Lansingburgh Middle School

May
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

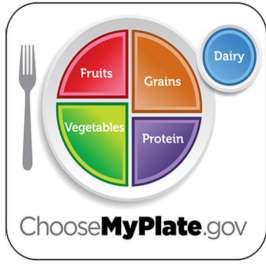
Monday

Tuesday

Wednesday

Thursday

Friday



1 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

4 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
MEATLESS MONDAY

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

6 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

7 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

11 Triple Decker Grilled Cheese 🍴
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk
MEATLESS MONDAY

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

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

14 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
Baked Beans

15 Pepperoni Quesadilla
melted cheese and pepperoni folded inside a grilled whole wheat tortilla P
Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

18 Cheese Quesadilla
freshly grilled flour tortilla with melted cheese 🍴
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk
MEATLESS MONDAY

19 Superintendent Conference Day
SCHOOL CLOSED TODAY

20 Crispy Chicken Drumstick
tender chicken drumstick breaded and baked until crispy
Roasted Asparagus
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

21 Philly Cheese Steak
thinly sliced beef topped with sauteed 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

SCHOOL CLOSED TODAY



SCHOOL CLOSED TODAY

27 Chicken & Cheese Crisпитos
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

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

29 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

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.

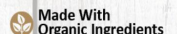
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal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