

# Lunch Menu

# FMES

May 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



1 Cheese Pizza   
Cinnamon & Honey  
Roasted Beans  
Roasted Asparagus  
Diced Pear Cup  
Fat Free Chocolate  
Milk

4 Fluffy Whole Grain Pancakes   
Syrup  
Oven Baked Fries  
Applesauce  
Fresh Baby Carrots  
Fat Free Chocolate  
Milk

5 Nachos Grande  
Side of Beans  
Fiesta Corn  
Salsa  
Cinnamon  
Applesauce  
Fat Free Chocolate  
Milk

6 Baked Chicken  
Tenders  
Brown Rice  
Fresh Orange  
Garlic Ginger Broccoli  
Fat Free Chocolate  
Milk

7 Cheesy Stuffed  
Bread Sticks   
Tomato Sauce  
Homemade Deli  
Style Coleslaw  
Applesauce  
Fat Free Chocolate  
Milk

8 Cheese Pizza   
Steamed Broccoli  
Fresh Orange  
Grilled Asparagus  
Fat Free Chocolate  
Milk

11 Homemade Mac & Cheese   
Dinner Rolls  
Steamed Peas  
Diced Pear Cup  
Fat Free Chocolate  
Milk

12 Nachos Grande  
Black Beans  
Mild Salsa  
Salsa  
Side of Beans  
Fresh Peach  
Fat Free Chocolate  
Milk

13 Mozzarella Stick and  
Meatball Combo  
With Celery  
And Fresh Baby  
Carrots  
Oven Baked Fries  
Fresh Apple  
Diced Pear Cup  
Fat Free Chocolate

14 Cheeseburger  
Crispy Potato Puffs  
Side Salad  
Diced Pear Cup  
Sliced Tomatoes  
Fat Free Chocolate  
Milk

15 Cheese Pizza   
Roasted Asparagus  
Side Salad  
Diced Pear Cup  
Fat Free Chocolate  
Milk

18 Homemade Baked  
Pasta with Cheese   
Cheesy Garlic Bread  
Fresh Orange  
Steamed Broccoli  
Fat Free Chocolate  
Milk

19 Nachos Grande  
Grape Tomatoes  
Salsa  
Side of Beans  
Fresh Peach  
Fat Free Chocolate  
Milk

20 Crispy Chicken  
Drumstick  
Vegetable Rice Pilaf  
Green Beans  
Fresh Orange  
Fat Free Chocolate  
Milk

21 Beef Hot Dog on Bun  
Baked Beans  
Oven Baked Fries  
Fresh Apple  
Fat Free Chocolate  
Milk

22 Muffin Lunch   
Bagel Lunch   
Fresh Banana  
Fresh Baby Carrots  
Fat Free Chocolate  
Milk   
Early Release

25

26 Crispy Tacos  
Salsa  
Side of Beans  
Brown Rice  
Apple Slices  
Fat Free Chocolate  
Milk

27 Crispy Popcorn  
Chicken  
Mashed Potatoes  
Sweet Corn  
Brown Gravy  
Fresh Apple  
Fat Free Chocolate  
Milk

28 French Toast   
Crispy Potato Puffs  
Syrup  
Fresh Apple  
Sausage Patty  
Fat Free Chocolate  
Milk

29 Cheese Pizza   
Roasted Asparagus  
Side Salad  
Diced Pear Cup

View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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.

### Lunch Prices

First Meal no cost  
2nd Meal: \$3.25 Adult: \$5.09 + tax  
Milk: \$0.85

If you have any questions or would like more information, please contact your Food Service Director

Kathy Coakley

### Daily Lunch Offerings:

Fresh Vegetable sides  
Grab and Go Sandwiches - Turkey/Ham with Or Without Cheese on WG breads, Entree Salads: Chicken Salads, Chef Salads. Garden Salads with Cheese (all served with WG Roll). Fruit Parfait with Granola. A variety of Fresh Fruits and Vegetables available daily.