

Lunch Menu

HFIS

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

4 Fluffy Whole Grain Pancakes
Sausage Patty Syrup
Oven Baked Fries
Applesauce
Fresh Baby Carrots

5 Nachos Grande
Side of Beans
Fiesta Corn Salsa
Cinnamon Applesauce

6 Baked Chicken Tenders
Brown Rice
Fresh Orange
Garlic Ginger Broccoli

7 Yard Bird Classic Chicken Sandwich
Homemade Deli Style Coleslaw
Oven Baked Fries
Applesauce

8 Cheese Pizza
Steamed Broccoli
Fresh Orange
Grilled Asparagus

11 Homemade Mac & Cheese
Dinner Rolls
Steamed Peas
Diced Pear Cup

12 Nachos Grande
Black Beans
Mild Salsa
Salsa
Side of Beans
Fresh Peach

13 Buffalo Chicken Sauce & Toss
With Celery
And Fresh Baby Carrots
Oven Baked Fries
Fresh Apple
Diced Pear Cup

14 Cheeseburger
Crispy Potato Puffs
Side Salad
Diced Pear Cup
Sliced Tomatoes

15 Cheese Pizza
Pepperoni Pizza

Roasted Asparagus
Side Salad
Diced Pear Cup

18 Homemade Baked Pasta with Cheese

Cheesy Garlic Bread
Fresh Orange
Steamed Broccoli

19 Walking Taco
Yellow Rice
Grape Tomatoes
Salsa
Side of Beans
Fresh Peach

20 Crispy Chicken Drumstick
Vegetable Rice Pilaf
Green Beans
Fresh Orange

21 BLT Burger
Oven Baked Fries
Side Garden Salad
Fresh Apple

22 Muffin Lunch
Bagel Lunch
Fresh Banana
Fresh Baby Carrots

Early Release



26 Crispy Tacos
Salsa
Side of Beans
Brown Rice
Apple Slices

27 Crispy Popcorn
Chicken
Mashed Potatoes
Sweet Corn
Brown Gravy
Fresh Apple

28 French Toast
Sausage Patty
Crispy Potato Puffs
Syrup
Oven Baked Fries
Side Garden Salad
Fresh Apple

29 Cheese Pizza
Pepperoni Pizza

Roasted Asparagus
Diced Pear Cup
Glazed Carrots

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.

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

Vegetarian Made With Natural Ingredients Pork Smart Choice Made With Organic Ingredients

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.