

# Lunch Menu

Plainview POB Middle School

June 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Cheesy Stuffed Bread Sticks   Marinara Sauce Garden Salad Fresh NY Local Apple</p>	<p>2 Soft Tacos Sour Cream Salsa Fiesta Corn Fresh Orange</p>	<p>3 Mac &amp; Cheese with Spicy Beef  Homemade Mac &amp; Cheese   Green Beans Fresh Pear</p>	<p>4 Nachos Grande Sour Cream Sauteed Corn &amp; Black Bean Salsa Garden Salad Apple Slices</p>	<p>5 Pizza Crunchers  Roasted Broccoli Garden Salad Fresh Banana</p>
<p>8 Veggabol BBQ Chickpea Rice Bowl     Homemade Mac &amp; Cheese   Garden Salad Fresh NY Local Apple  </p>	<p>9 Chicken and Roasted Broccoli Mac &amp; Cheese   Buttered Corn Fresh Orange </p>	<p>10 General Tso Chicken Noodle Bowl   Steamed Carrots Garden Salad Fresh Pear </p>	<p>11 Buffalo Chicken and Cheese Quesadilla Black Bean and Pepper Salad Apple Slices</p>	<p>12 Mozzarella Sticks  Marinara Sauce Dip Garden Salad</p>
<p>15 Cheesy Stuffed Bread Sticks   Marinara Sauce Dip Garden Salad Fresh NY Local Apple </p>	<p>16 Soft Tacos Sour Cream Salsa Fiesta Corn Garden Salad Fresh Orange</p>	<p>17 Chicken Nugget &amp; Mozzarella Stick Combo Marinara Sauce Dip Sweet Potato Fries Garden Salad Fresh Pear </p>	<p>18 Nachos Grande Sour Cream Black Beans Garden Salad Apple Slices </p>	<p>19 </p>
<p>22 Veggabol Lo Mein Chickpea Noodle Bowl   Homemade Mac &amp; Cheese   Garden Salad Fresh NY Local Apple  </p>	<p>23 Whole Grain Pancakes with Sausage Fresh Strawberries Fresh Blueberries </p>	<p>24 Beef Hot Dog on Bun Baked Beans Sweet Potato Fries Fresh Pear  </p>	<p>25  Kids and Teens Eat Free!  <b>Find Summer Meals:</b>  Text "Food" to 304-304 Visit SummerMealsNY.org Call 211 or 311 (in NYC) or 1-866-3-HUNGRY</p>	<p>26 </p>
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View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

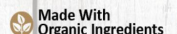
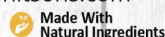
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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.



Meal Prices:  
ALL FREE MEALS  
Extra Milk \$0.60  
Gluten free/Vegetarian options available  
For more information email General Manager Megan McDonnell at [nortonm@whitsons.com](mailto:nortonm@whitsons.com)



**Available Daily:** Asst. Pizza, Hamburger/cheeseburger, asst. chicken patty, WG bagel w/yogurt, asst. Yogurt parfaits, asst. sandwiches, asst. salads.

**Daily fruit/vegetables:** Apples, oranges, pears, bananas and asst. 100% juice

**Available milk:** 1% white, fat free white, fat free chocolate