

Lunch Menu

POB JFK High School

June 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

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



2 Soft Tacos
Sour Cream
Salsa
Fiesta Corn
Fresh Orange

3 Mac & Cheese with Spicy Beef
Homemade Mac & Cheese
Green Beans
Fresh Pear

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

5 Pizza Crunchers
Roasted Broccoli
Garden Salad
Fresh Banana

8 Veggabol BBQ Chickpea Rice Bowl

Homemade Mac & Cheese
Garden Salad
Fresh NY Local Apple



9 BBQ Pulled Pork Sandwich
Baked Beans
Garden Salad
Fresh Orange

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

IT'S STUDENT APPRECIATION DAY

11 Buffalo Chicken and Cheese Quesadilla
Black Bean and Pepper Salad
Apple Slices

12 Mozzarella Sticks
Marinara Sauce
Chili Roasted Broccoli
Fresh Banana

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Find Summer Meals:
 Text "Food" to 304-304
Visit SummerMealsNY.org
Call 211 or 311 (in NYC)
or 1-866-3-HUNGRY

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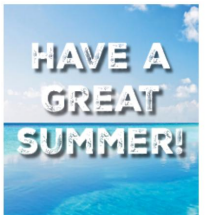


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View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.

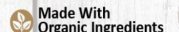
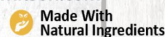
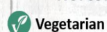
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal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



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