

Lunch Menu

FMES

September
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday

Thursday

Friday



8 Soft Tacos
Salsa
Chilled Red Pepper Strips
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

National Ants On A Log Day

9 Crispy Popcorn Chicken
Brown Rice
Green Beans
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

10 Beef Hot Dog on Bun
Baked Beans
Crispy Potato Puffs
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

National Hot Dog Day

11 Mini Blueberry Pancakes
Apple Juice
Fresh Baby Carrots
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk

1/2 Day

14 Cheesy Stuffed Bread Sticks
Tomato Sauce
Sweet Corn
Diced Peaches
Unflavored 1% Milk

MEATLESS MONDAY

15 American Combo Sandwich
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk
Cinnamon & Honey Roasted Beans

Eat a Hoagie Day

16 Homemade Pasta & Meatballs
Spiced Roasted Green Beans w/ Parmesan
Fresh Orange
Unflavored 1% Milk

17 French Toast
Syrup
Sausage Patty
Fresh Baby Carrots
Mixed Fruit
Fat Free Chocolate Milk

18 Classic Cheese Pizza
Steamed Broccoli
Fresh Orange
Fat Free Chocolate Milk

21 **SCHOOL CLOSED TODAY**

22 Nachos with Cheese
Salsa
Chilled Red Pepper Strips
Fresh Orange

23 Chicken Nuggets
Green Beans
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk
Brown Rice

World School Milk Day

24 Meatball Sandwich
Cinnamon & Honey Roasted Beans
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk
Oven Baked Fries

Lucky Tray Day!

25 Classic Cheese Pizza
Romaine Lettuce
Ranch Dressing
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk

28 Mozzarella Sticks
Applesauce
Buttered Corn
Unflavored 1% Milk
Fat Free Chocolate Milk
Cucumber Coins
Tomato Sauce
Dinner Rolls

29 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Black Beans
Salsa
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

30 NY Beef Burger
Cheeseburger
Sliced Tomatoes
Fresh Banana
Unflavored 1% Milk
Fat Free Chocolate Milk
Pickle Chips



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 lunch:
\$3.25

Adult Meal \$5.50

Reduced: \$0.00

Milk: \$0.90

If you have any questions or would

like more information Made With Vegetarian Natural Ingredients

Contact your Food Service Director

Lunch Daily Offerings: Romaine Side Salad W/Dressing
Grab and Go Sandwiches: Turkey and Cheese, Ham and Cheese, PB&J, Cheese Sandwiches all on WG breads.
Bagel Meal with Cheese Stick and Yogurt. Entree Salads: Garden with Crispy Chicken, Caesar with Chicken and Cheese Garden with Cheese, (Offered with WG Rolls). Variety of Fruit and Vegetables.. Choice of 1% or Fat Free Chocolate Milk

