

Lunch Menu

HFIS

September
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



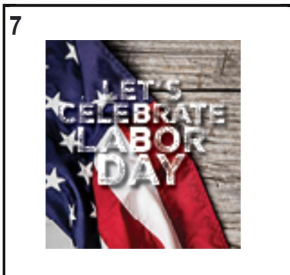
Tuesday



Wednesday

Thursday

Friday



14 Homemade Mac & Cheese
Dinner Rolls
Steamed Peas
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk



28 Cheesy Stuffed Bread Sticks
Steamed Peas
Tomato Sauce
Fat Free Chocolate Milk
Unflavored 1% Milk

8 Nachos Grande
Side of Beans
Fiesta Corn
Salsa
Cinnamon Applesauce
Unflavored 1% Milk
Fat Free Chocolate Milk

National Ants on a Log Day

15 Italian Combo Sandwich
Cinnamon & Honey
Roasted Beans
Unflavored 1% Milk
Fat Free Chocolate Milk
Cinnamon Applesauce

Eat a Hoagie Day!!

22 Walking Taco
Yellow Rice
Salsa
Side of Beans
Fresh Peach
Unflavored 1% Milk
Fat Free Chocolate Milk

29 Nachos Grande
Salsa
Fiesta Corn
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

9 General Tso's Chicken
Brown Rice
Sauteed Vegetable
Medley
Applesauce
Unflavored 1% Milk
Fat Free Chocolate Milk

16 Buffalo Chicken Sauce & Toss
With Celery
And Fresh Baby Carrots
Oven Baked Fries
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

23 Baked Chicken Tenders
Vegetable Rice Pilaf
Steamed Peas
Unflavored 1% Milk
Fat Free Chocolate Milk
Fresh Orange
Ranch Dressing

30 Mediterranean Chicken & Pasta Bake
Homemade Garlic Bread
Steamed Broccoli
Diced Pear Cup
Fat Free Chocolate Milk

LUCKY Tray Day!

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

National Hot Dog Day!

17 Cheeseburger
Crispy Potato Puffs
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

24 Grilled Cheese Sandwich Meltdown Café
Oven Baked Fries
Side Garden Salad
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk



11 Mini Blueberry Pancakes
Fresh Baby Carrots
Muffin Lunch
Fresh Orange
Fat Free Chocolate Milk

Half Day - Grab and Go lunches

18 Cheese Pizza
Sauteed Spinach
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce

25 Cheese Pizza
Steamed Broccoli
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk



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

1st Lunch No Cost

2nd Lunch: \$3.50

Milk: \$0.90

Adult Meal: \$5.50+tax

If you have any questions
please contact your food
service director

kathryn.coakley@hfmcsd.org
 Vegetarian Natural Ingredients

Daily Lunch Offerings:

Fresh Vegetable sides

Grab & Go Sandwiches -Sunbutter & Jely,
Turkey/Ham/Cheese on WG breads, Bagel & Yogurt
Packs Assprted Salads served with WG Roll A variety of
Fresh Fruits and Vegetables available daily.

