

Lunch Menu

James I. O'Neill HS

September 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday



Thursday

Friday



14 Homemade Mac & Cheese
Dinner Rolls
Steamed Peas
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk



28 Mozzarella Sticks
Caesar Salad
Steamed Peas
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce

8 Nachos Grande
Fiesta Corn
Black Beans
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Peaches
Nachos with Cheese Sauce
National Ants on a log day

15 Nachos Grande
Fiesta Corn
Black Beans
Diced Pear Cup
Nachos with Cheese Sauce
**Eat a Hoagie Day Special:
Roasted Turkey Cuban**

22 Walking Taco
mexi-style taco meat paired with
crispy chips
Yellow Rice
Fat Free Chocolate Milk
Diced Pear Cup
Nachos with Cheese Sauce

29 Nachos Grande
Fiesta Corn
Black Beans
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce
Diced Peaches
Nachos with Cheese Sauce

9 Memphis Blues Dog
hot dog on a bun, topped with
BBQ sauce, shredded cheddar
and scallions
Baked Beans
Mixed Fruit
Unflavored 1% Milk
Turkey Hot Dog
National Hot Dog Day

16 Buffalo Chicken Sauce &
Toss
Oven Baked Fries
Celery Sticks
Fresh Baby Carrots
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup

23 Baked Chicken Tenders
Vegetable Rice Pilaf
Dinner Rolls
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Peaches

30 Chili Stuffed Baked Potato
Steamed Broccoli
Diced Peaches
Unflavored 1% Milk
Fat Free Chocolate Milk

10 Meatloaf with Gravy
Mashed Potatoes
Homemade Corn Bread
Fresh Banana
Fat Free Chocolate Milk
Side Garden Salad

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

24 Roma Pepperoni Griller
Meltdown Café
freshly prepared grilled cheese
sandwich with mozzarella,
pepperoni, pizza sauce and
provolone
Spicy Black Bean Salad
Oven Baked Fries
Fat Free Chocolate Milk
Diced Peaches

11 Bacon, Egg and Cheese
Wrap
Ham Egg & Cheese
Sandwich
Crispy Potato Puffs
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Peaches
1/2 day Grab & go Meals

18 Chicken & Cheese Bowl
popcorn chicken layered with
mashed potatoes and corn,
covered in cheese
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk
Sweet Corn

25 Incredibowls General Tso's
Chicken
General Tso's seasoned
chicken with brown rice,
broccoli, and scallions
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Peaches

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

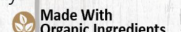
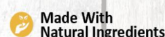
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**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.

Offered Daily: Fresh Vegetable
Crudité, Apples & Oranges
Choice of 1% Milk, FF Chocolate
All breads are WG

Lunch Prices
First meal no cost
2nd Lunch \$3.50
Adult Lunch: \$5.50 plus tax



Offered Daily

La Cucina: Cheese, Pepperoni, Daily Specials

Miss Ruby's: Chicken Sandwich, Burgers & Cheeseburgers

Real Meals: Grab and Go Sandwiches/ Wraps

Assorted Salads w/Cheese (all served w/ WG Roll) Assorted

Sandwiches on WG bread

Yogurt Parfaits with Fruit and Granola

Smoothies Available Wednesday and Fridays