

Lunch Menu

Blind Brook MS/HS

September
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 	2 Caribbean Chicken 🍷 Brown Rice Whole Wheat Dinner Roll Baked Plantains Maduros Fresh Melon Cup	3 Homemade Baked Pasta with Cheese 🍷 Homemade Garlic Bread Roasted Broccoli Fresh Apple	4 Nachos Grande 🍷 Side Garden Salad Salsa Seasoned Pinto Beans Fresh Pear
7 	8 Homemade Pasta & Meat Sauce 🍷 Whole Wheat Dinner Roll Green Beans Fresh Banana	9 Wing Shack Chicken Wings Wing Shack Classic Buffalo Chicken Wings Wing Shack BBQ Style Chicken Wings Whole Wheat Dinner Roll Brown Rice Mixed Vegetables Fresh Grapes	11 French Toast 🍷 Sausage Patty Snow Peas Apple Cobbler French Toast 🍷 Sausage Patty Steamed Peas Apple Cobbler Fresh Orange
14 Incredibowls General Tso's Chicken 🍷 Stir Fry Vegetables Apple Slices	15 Two Cheese Grilled Cheese Meltdown Café 🍷 Roasted Broccoli Watermelon Slices	16 Chicken Corn Dog Baked Beans Grape Tomatoes Fresh Banana	17 Honey Fire Kitchen Chicken Sauce and Toss 🍷 Whole Grain Biscuit Roasted Potatoes Green Beans Fresh Grapes
21 	22 Homemade Mac & Cheese 🍷 Whole Wheat Dinner Roll Mixed Vegetables	23 Classic Beef Burger Roasted Mixed Veggies Watermelon Slices	24 Soft Tacos Side Garden Salad Salsa Spicy Black Bean Salad Fresh Banana
28 French Toast 🍷 Sausage Patty Baked Sweet Potato Honeydew and Cantaloupe Cup	29 Thai Chicken Wings 🍷 Brown Rice Stir Fry Vegetables Apple Slices	30 Chicken Parmesan Over Pasta 🍷 Homemade Garlic Bread Green Beans Sliced Oranges	



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.



Melas Include: Meat/Meat
Alternative, Grain, Vegetable,
Fruit/ 100% Fruit Juice, Milk

**FIRST STUDENT MEAL
FREE**

Second Meal: \$5.75

Adult Meal: \$6.80+tax
Vegetarian 🍷 Made With Natural Ingredients 🍷

AVAILABLE DAILY:

Grab & Go Sandwiches & Salads, Fruit & Yogurt Parfait

Rotating Grill Selections: Chicken Tenders, Chicken Fillet, or Spicy
Chicken Fillet Sandwiches, Hamburger, Cheeseburger

Cheese or Pepperoni Pizza

Fruit Selections: Apple, Orange, Banana, Seasonal Fresh Fruit

