

Lunch Menu

Orange East Waits River Valley School

September
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 Cheese Quesadilla 
Corn & Black Bean Salad
Or Nachos with Cheese 
Ham & Cheese Sandwich 
Cheese Pizza
Pepperoni Pizza 

2 Pasta with Meat Sauce 
Homemade Garlic Bread
Dough Roll Dinner
Whole Grain
Or Nachos with Cheese 
Cheese Pizza

3 Chicken Parmesan Sandwich
Baked Potato Wedges
Nachos with Cheese 
Apple Slices
Cheese Pizza
Pepperoni Pizza 

4 Homemade Mac & Cheese 
Homemade Garlic Bread
Or Nachos with Cheese 
Ham & Cheese Sandwich 
Cheese Pizza

7

8 Soft Tacos
Corn & Black Bean Salad
Or Nachos with Cheese 
Ham & Cheese Sandwich 
Cheese Pizza
Pepperoni Pizza 

9 BBQ Pulled Pork Sandwich 
Green Beans
Baked Sweet Potato
Or Nachos with Cheese 
Cheese Pizza
Pepperoni Pizza 

10 Salisbury Steak 
Glazed Carrots
Ham & Cheese Sandwich 
Or Nachos with Cheese 
Apple Slices
Cheese Pizza
Pepperoni Pizza 

11 Wing Shack Chicken Wings
Whole Wheat Dinner Roll
All With Celery
Baby Carrots
Ham & Cheese Sandwich 
American Beauty 

14 Chicken Bowl with Gravy 
Or Nachos with Cheese 
Apple Slices
Tuna Salad
Sandwich 
Ham & Cheese Sandwich 

15 Beef and Cheese Quesadilla 
Spicy Four Bean Salad
Or Nachos with Cheese 
Cheese Pizza
Pepperoni Pizza 

16 Chicken Parmesan Over Pasta 
Or Tuna Salad Sandwich 
Ham & Cheese Sandwich 
American Beauty 
Or Nachos with Cheese 

17 Sloppy Joe on a Bun 
Steamed Peas
Or Nachos with Cheese 
Cheese Pizza
Pepperoni Pizza 

18 Breaded Fish Sticks
With Oven Baked Fries
And Dinner Rolls
Or Nachos with Cheese 
Ham & Cheese Sandwich 
Cheese Pizza

21 Chicken Bacon Sandwich 
Baked Potato Wedges
Nachos with Cheese 
Apple Slices
Tuna Salad
Sandwich 
Ham & Cheese

22 Nachos Grande
Refried Beans
With Salsa Cup
Ham & Cheese Sandwich 
American Beauty 
Tuna Salad
Sandwich 
Cheese Pizza

23 Biscuit and Chicken 
Mixed Vegetables
American Beauty 
Cheese Pizza
Nachos with Cheese 
Tuna Salad
Sandwich 

24 Incredibowls General
Tso's Chicken 
And Dinner Rolls
Or Nachos with Cheese 
Ham & Cheese Sandwich 
Cheese Pizza

25 Wing Shack Chicken Wings
Whole Wheat Dinner Roll
All With Celery
Baby Carrots
Tuna Salad
Sandwich 
Nachos with Cheese

28 Buffalo Meatball
Parmesan Hero
Steamed Broccoli
Baked Potato Wedges
Tuna Salad
Sandwich 
Or Nachos with Cheese 
Cheese Pizza

29 Chicken & Cheese Quesadilla
Fiesta Corn
With Refried Beans
Ham & Cheese Sandwich 
Cheese Pizza
Salsa Cup

30 Cheesy Stuffed Bread Sticks 
Baked Potato Wedges
Tuna Salad
Sandwich 
Or Nachos with Cheese 
Cheese Pizza
Pepperoni Pizza 



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

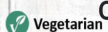
(including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Available Daily

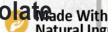
All entrees served with a HOT vegetable option Made-to-order Deli Sandwiches, Fresh Piping Hot pizza, Fresh Fruit and Veg Bar

1% White Milk or Fat Free

Chocolate



Vegetarian



Made With Natural Ingredients

Meals Are Free To All Students

Meals Are Free To All Students

Adult Breakfast \$3.00 Adult Lunch \$4.75

Milk \$0.50

Questions, Contact Michael Flies

fliesm@whitsons.com



Pork



Smart Choice



Made With Organic Ingredients