

Lunch Menu

Ardasley Middle School

September
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

WELCOME
BACK TO
SCHOOL!

2 Chicken and Waffles
Confetti Garbanzo
Bean Salad
Watermelon Cup

3 Cheesy Stuffed Bread
Sticks 🌱
Steamed Broccoli
Beet and Onion Salad
Fresh Orange
Fresh Apple

4 Buffalo Chicken Mac
& Cheese 🍷
Steamed Broccoli
Fresh Apple



8 * Crispy Tacos
Yellow Rice
Black Beans
Side Salad
Fresh Apple



*Turkey

9 Whole Grain
Pancakes with
**Sausage
Sweet Potato Fries
Celery Sticks
Fresh Banana



10 General Tso Chicken
Noodle Bowl 🍷
Sautéed Zucchini
Fresh Baby Carrots
Fresh Pear
Fresh Apple



11 Wing Shack Classic
Buffalo Chicken Wings
Wing Shack BBQ
Style Chicken Wings
Confetti Garbanzo
Bean Salad
Celery Sticks
Fresh Green Grapes

14 Chicken Nugget &
Mozzarella Stick
Combo
Pasta with Butter
Oven Baked Fries
Spinach Salad
Pineapple

15 Pasta with Meat*
Sauce 🍷
Sautéed Spinach
Side Salad
Fresh Melon Cup
Cantaloupe

*Beef

16 Dutch Waffles
* Sausage Patty
Homemade Sweet
Beet Salad
Fresh Baby Carrots
Fresh Banana

*Chicken

17 * Nachos Grande
Black Beans
Side Salad
Fresh Apple

*Turkey

18 NY Beef Burger with
Bacon & Cheese 🍷
Baked Potato Wedges
Chilled Red Pepper
Strips
Fresh Orange

SCHOOL
CLOSED
TODAY

22 Incredibowls Fiesta
Chicken & Rice Bowl
*seasoned rice topped with
beans, chicken, corn and
cheese* 🍷 🌱
Sweet Corn
Pineapple and Grapes
Cup



23 Pretzel with Cheese
Sauce 🌱
Baked Potato Wedges
Strawberry Cup

24 Meatball Dunkers
with Cheese
Roasted Butternut
Squash with Brown
Sugar & Honey
Fresh Apple

25 Wing Shack Classic
Buffalo Chicken Wings
Wing Shack BBQ
Style Chicken Wings
Brown Rice
Baked Potato Wedges
Celery Sticks
Carrot Dippers
Fresh Banana

28 French Toast 🌱
* Sausage Patty
Crispy Potato Puffs
Carrot Dippers
Fresh Apple



*Chicken

29 Steamed Chicken
and Vegetable
Dumplings 🍷
Vegetable Fried Rice
Sautéed Zucchini
Fresh Baby Carrots
Fresh Banana

30 Homemade Mac &
Cheese 🌱 🍷
Sautéed Kale
Spinach Salad
Fresh Orange



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

Student Meal FREE

Adult Meal : \$5.20 +Tax Choice of Milk: Low Fat White,

Fat Free Chocolate or White

*Turkey **Chicken Sausage

If you have any questions please Contact your Food

Service Director

Lunch Daily Offerings: Turkey or Ham w/wo Cheese, SunButter & Jelly, Cheese Sandwiches

. Bagel Lunch w/ Yogurt & Cheese Stick Yogurt Parfait w/ Fruit & Granola

Chicken Caesar Salad or Chef Salad Garden Side Salad , Variety of Veggies (Dark Leafy Greens, Peppers,

Tomatoes, Carrots & Cucumbers Crudité) & Fruits (Sliced Apples, Oranges & Bananas)

Those who qualify for free or reduced-priced meals enjoy breakfast and lunch at no cost

All grains are whole grains or whole wheat

