

Lunch Menu

Syosset Elementary School

September
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

WELCOME
BACK TO
SCHOOL!

Tuesday

- 1 Baked Chicken Tenders
Or Meatless Chik'n
Nugget
Whole Wheat Dinner
Roll
Sweet Potato Fries
Apple Slices



Wednesday

- 2 Homemade Baked Pasta
with Cheese
Homemade Garlic Bread
Cucumber Coins
Clementine

Thursday

- 3 * Nachos Grande
Salsa
Fiesta Corn
Confetti Garbanzo Bean
Salad
Celery
Fresh Pear



Friday

- 4 Cheese Pizza
**** Pepperoni Pizza
Sautéed Zucchini
Caesar Salad
Baby Carrots
Applesauce



- 8 Baked Chicken Tenders
Chick'n Dipp'n Sauce
And Whole Wheat
Dinner Roll
Roasted Butternut
Squash
Celery
Apple Slices



- 9 Homemade Pasta &
*** Meatballs
Green Bean Salad
Watermelon Slices



National I Love
Food Day!

- 10 Whole Grain Waffles
** with Sausage
Crispy Potato Puffs
Confetti Garbanzo Bean
Salad
Pineapple



- 11 Cheese Pizza
Chicken Pizza
Spinach Salad
Carrot Sticks
Mango Cup

- 14 Mozzarella Sticks
With Tomato Sauce
Crispy Potato Puffs
Celery
Fresh Blueberries



- 15 Incredibowls General
Tso's Chicken
Baby Carrots
Apple Slices

EAT LIKE A LION:
STRONG, SMART,
READY!



- 16 Pasta with Meat Sauce

Steamed Carrots
Cucumber Coins
Strawberries

- 17 * Nachos Grande
With Salsa
Black Beans
Fiesta Corn
Honeydew and
Cantaloupe Cup

- 18 Cheese Pizza
**** Pepperoni Pizza
Mixed Kale Side Salad
Applesauce



- 22 Baked Chicken Tenders
Honey Mustard
Dressing
Meatless Chik'n Nugget
Whole Wheat Dinner
Roll
Oven Baked Fries
Baby Carrots
Clementine

- 23 Homemade Mac &
Cheese
Roasted Lemon
Parmesan Broccoli
Baby Carrots
Strawberries

- 24 * Nachos Grande
Salsa
Sweet Corn
Confetti Garbanzo Bean
Salad
Celery
Pineapple

- 25 Cheese Pizza
Chicken Pizza
Caesar Salad
Baby Carrots
Mango Cup



- 28 French Toast
Crispy Potato Puffs
Celery
Fresh Blueberries



- 29 Wing Shack Chicken
Wings
Ranch Dressing
Whole Wheat Dinner
Roll
Green Beans
Baby Carrots
Honeydew and
Cantaloupe Cup

- 30 *** Meatball Hero
Oven Baked Fries
Glazed Carrots
Watermelon Slices



* Turkey, ** Chicken, *** Beef, **** Beef/Chicken



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.

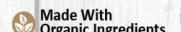
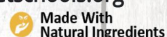
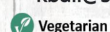


MEAL PRICE:

All Students: \$0.00
Second Meals: \$2.75
Adult \$5.20+tax
Milk: Student-\$0.75
Adult \$0.75+Tax

General Manager
Karen Ball

kball@syossetschools.org



Daily Lunch Offerings: Garden Salad or Chicken Caesar Salad w/a grain. Turkey or Ham sandwich w/without cheese, or Sunflower Seed Butter w/Jelly Sandwich, Cheese Sandwich or Bagel Meal (bagel, yogurt, cheese stick and/or egg) **Vegetarian options available Daily: Nuggets and Burgers. Daily Fruit & Vegetable options:** Asst. 100% juice, apples, oranges, pears, baby carrots, celery, side salad. **All meals served with:** 1% white, fat free white, FF chocolate milk (all antibiotic and hormone free)

*Gluten free options available. Contact manager for more information. *