

Lunch Menu

Hamlin Upper Grade Center

September
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 French Bread Pizza
Fresh Broccoli
Fresh Apple

2 Meatball Sandwich
Cucumber Coins
Fresh Orange

3 Incredibowls Orange
Ginger Chicken
Steamed Broccoli
Fresh Peach

4 Cheesy Lasagna Roll-Ups
Cauliflower
Fresh Pear

7



8 Wing Shack BBQ
Style Chicken Wings
Fresh Broccoli
Fresh Apple

9 Pepperoni Pizza
Grape Tomatoes
Fresh Banana

10 French Toast
Sausage Patty
Cauliflower
Fresh Pear

11 Yard Bird Classic
Chicken Sandwich
Fresh Peach
Green Beans

14

Crispy Chicken
Drumstick
Mashed Potatoes
Apple Slices

15 Nachos Grande
Seasoned Black
Beans
Fresh Apple

16 Chicken Nugget &
Mozzarella Stick
Combo
Carrots
Fresh Orange

17 Incredibowls Fiesta
Chicken & Rice Bowl
Mixed Vegetables
Fresh Peach

18



21 Beef Hot Dog on Bun
Baked Beans
Applesauce

22 Crispy Popcorn
Chicken
Macaroni and Cheese
Fresh Broccoli
Fresh Apple

23 Sweet and Sour
Meatballs
Brown Rice
Cucumber Coins
Plums

24 Two Cheese
Quesadilla
Cauliflower
Fresh Pear

25 Walking Taco
Fiesta Corn
Mixed Berry Cup

28

Baked Chicken
Tenders
Oven Baked Fries
Apple Slices

29 Salisbury Steak
Mashed Potatoes
Fresh Red Delicious
Apple

30 Chicken Corn Dog
Baked Beans
Fresh Orange

**FRESH VEGETABLES &
FRUITS SERVED DAILY
BUT SUBJECT TO CHANGE**



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.

