

Lunch Menu

FMES

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday



Thursday

Friday

Try It Tuesdays!

5 Homemade Mac & Cheese 🌱🌱
Whole Wheat Dinner Roll 🌻
Steamed Broccoli
Mixed Fruit
Unflavored 1% Milk
Fat Free Chocolate Milk

6 Nachos Grande 🌱🌱
Black Beans
Salsa
Fresh Red Delicious Apple 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk
Homemade Sweet Beet Salad 🍷

7 Grilled Cheese Sandwich Meltdown Café 🌱
Tomato Soup
Celery & Carrot Sticks w/ Low Fat Dressing 🍏
Diced Peaches
Unflavored 1% Milk
Fat Free Chocolate Milk

8 Beef Hot Dog on Bun 🌭
Baked Beans
Sweet Potato Fries 🍷
Green Bean Salad 🍏
Diced Peaches
Unflavored 1% Milk
Fat Free Chocolate Milk

9 Classic Cheese Pizza 🌱
Oven Baked Fries
Fresh Orange 🍊
Unflavored 1% Milk
Fat Free Chocolate Milk
Side Garden Salad

12

13 Crunch Wrap Taco 🌭
Black Beans
Salsa
Apple Slices
Unflavored 1% Milk
Fat Free Chocolate Milk
Homemade Sweet Beet Salad 🍷

14 French Toast
Sausage Patty
Homemade Peach Cobbler
Celery & Carrot Sticks w/ Low Fat Dressing 🍏
Syrup

15 Mozzarella Stick & Chicken Nugget Combo Meal
Tomato Sauce
Cucumber Coins
Roasted Broccoli
Fresh Banana
Unflavored 1% Milk
Fat Free Chocolate Milk

16 Classic Cheese Pizza 🌱
Roasted Parmesan Butternut Squash
Oven Baked Fries
Fresh Orange 🍊
Unflavored 1% Milk
Fat Free Chocolate Milk

National School Lunch Week

19 Homemade Mac & Cheese 🌱🌱
Whole Wheat Dinner Roll 🌻
Steamed Broccoli
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

20 Nachos Grande 🌱🌱
Salsa
Corn & Black Bean Salad
Applesauce 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk
Homemade Sweet Beet Salad 🍷

21 Grilled Cheese Sandwich Meltdown Café 🌱
Tomato Soup
Celery & Carrot Sticks w/ Low Fat Dressing 🍏
Mixed Fruit
Unflavored 1% Milk
Fat Free Chocolate Milk

22 BBQ Chicken Sauce & Toss
Green Bean Salad 🍏
Fresh Banana 🍌
Unflavored 1% Milk
Fat Free Chocolate Milk
Whole Wheat Dinner Roll 🌻

23 Classic Cheese Pizza 🌱
Oven Baked Fries
Glazed Carrots
Fresh Baby Carrots
Unflavored 1% Milk

26 Pasta with Sauce 🌱🌱
Steamed Broccoli
Whole Wheat Dinner Roll 🌻
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

27 Crispy Tacos 🌭
Salsa
Confetti Garbanzo Bean Salad
Fresh Baby Carrots
Unflavored 1% Milk
Homemade Sweet Beet Salad 🍷

28 Cheeseburger 🌭
NY Beef Burger 🌭
Pickle Chips
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Vegetables 🍏

29 Baked Chicken Tenders
Vegetable Rice Pilaf
Steamed Peas
Diced Pear Cup
Side Salad
Unflavored 1% Milk
Fat Free Chocolate Milk

30 Classic Cheese Pizza 🌱
Sweet Potato Fries
Sweet Corn
Fresh Orange 🍊
Unflavored 1% Milk
Fat Free Chocolate Milk

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.

Daily options include:

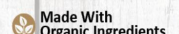
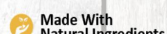
1% Milk or Fat Free Chocolate

Assorted Fresh and Cupped Fruit,

Assorted Crudite

Assorted Sandwiches and Salad

Entrees



Meal Prices: First meal no cost

Additional entree: \$3.25

Adult Lunch: \$5.50 plus tax

Milk: \$0.90