

Lunch Menu

HFIS

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

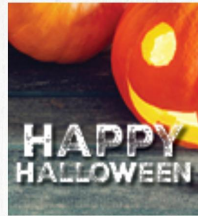
Monday

Tuesday

Wednesday

Thursday

Friday



5 Homemade French Toast 🌱 🍌
Sausage Patty Syrup
Oven Baked Fries
Applesauce 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

6 Crispy Tacos 🌱
Chili Roasted Garbanzo Beans
Side Salad
Fiesta Corn
Salsa
Cinnamon Applesauce 🍏
Fat Free Chocolate Milk

7 General Tso's Chicken 🍌
Brown Rice
Sauteed Vegetable Medley
Fresh Orange 🍏
Applesauce 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

1 Lo Mein Noodle Bowl
flavorful noodle bowl paired
with seasoned vegetables 🍌
Spicy Tomato Salad 🍌
Mixed Fruit
Fat Free Chocolate Milk
Unflavored 1% Milk
World Vegetarian Day

2 Cheese Pizza 🌱 🍌
Cinnamon & Honey
Roasted Beans
Fresh Orange 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

12 **COLUMBUS DAY**

13 Nachos Grande 🌱
Sweet Corn
Black Beans
Mild Salsa
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

14 Incredibowls General
Tso's Chicken 🍌
Garlic Ginger Broccoli
Unflavored 1% Milk
Fat Free Chocolate Milk

15 Oven Roasted Chicken
Breast
Mashed Potatoes
Brown Gravy 🍌
Apple Cobbler
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk
Apple crunch day

16 French Bread Pizza 🌱
Sweet Potato Fries
Side Salad
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

National School Lunch Week

19 Homemade Mac & Cheese 🌱 🍌
Baked Beans
Homemade Sweet Beet
Salad 🍌
Fresh Orange 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

20 Walking Taco 🌱 🍌
Cilantro Garlic Rice
Fiesta Corn
Grape Tomatoes
Salsa
Fresh Peach
Unflavored 1% Milk
Fat Free Chocolate Milk

21 Baked Chicken Tenders
Vegetable Rice Pilaf
Green Beans
Unflavored 1% Milk
Fat Free Chocolate Milk
Fresh Orange 🍏

22 BLT Burger 🌱 🍌
Oven Baked Fries 🍌
Side Salad
Fresh Banana 🍌
Unflavored 1% Milk
Fat Free Chocolate Milk

23 Cheese Pizza 🌱 🍌
Steamed Broccoli
Fresh Orange 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

26 Cheesy Stuffed Bread
Sticks 🌱
Steamed Peas
Tomato Sauce
Caesar Salad 🍌
Mixed Fruit
Fat Free Chocolate Milk
Unflavored 1% Milk

27 Grilled Cheese
Sandwich Meltdown
Café 🌱
Tomato Soup
Sliced Tomatoes
Baked Beans
Fresh Orange 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

28 Wing Shack Classic
Buffalo Chicken Wings
Wing Shack Chicken
Wings 🍌
Fresh Baby Carrots
Crispy Potato Puffs
Unflavored 1% Milk
Fat Free Chocolate Milk

29 Homemade Chicken &
Broccoli Alfredo 🍌
Steamed Broccoli
Fresh Baby Carrots
Fresh Orange 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

30 Bagel with String
Cheese 🌱
Muffin Lunch 🌱 🍌
Sliced Apples 🍌
Fresh Baby Carrots
Fat Free Chocolate Milk
Unflavored 1% Milk
Early Release



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

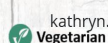
1st meal no cost

2nd Meal: \$3.50

Milk: \$0.90 Adult Meal: \$5.59 plus tax

If you have any questions or would like more information, please contact your Food Service Director

Kathy Coakley



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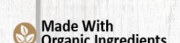
Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

Daily Lunch Offerings:

Fresh Vegetable sides

Grab and Go Sandwiches - Turkey/Ham with Or Without Cheese on WG breads, Entree Salads: Chicken Salads, Chef Salads. Garden Salads with Cheese (all served with WG Roll). Fruit Parfait with Granola. A variety of Fresh Fruits and Vegetables available daily.