

Lunch Menu

James I. O'Neill HS

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



STUDENT APPRECIATION DAY

Wednesday



Thursday

Friday

5 Pasta with Meat Sauce 🍝
Homemade Sweet Beet Salad 🍎
Cheesy Garlic Bread
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce 🍏

6 General Tso Chicken 🍗
Noodle Bowl 🍜
Nachos Grande 🌮
Fiesta Corn
Unflavored 1% Milk
Fat Free Chocolate Milk
Black Beans
Applesauce 🍏

National noodle day

7 Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy 🍗
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce 🍏

8 Homemade French Toast 🍞
Sausage Patty
Oven Baked Fries
Unflavored 1% Milk
Fat Free Chocolate Milk
Apple Cobbler
Cinnamon Applesauce 🍏

World Vegetarian Day

9 Buffalo Chicken Mac & Cheese 🍝
Cajun Roasted Broccoli
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce 🍏
Fresh Green Grapes
Tomato Salad 🍅

National Soft Taco Day

12

COLUMBUS DAY

13 Fiesta Taco Salad 🌮
Yellow Rice
Seasoned Black Beans
Unflavored 1% Milk
Fat Free Chocolate Milk

14 Blazin Buffalo Chicken Sliders 🌮
Oven Baked Fries
Fresh Baby Carrots
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup

15 Thai Chicken Wings 🍗
Crispy Potato Puffs 🍟
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup
Cinnamon Applesauce 🍏

16 Beef and Tomato Macaroni Casserole 🍝
Creamed Spinach
Whole Wheat Dinner Roll
Fresh Orange 🍊
Unflavored 1% Milk
Fat Free Chocolate Milk
Fresh Green Grapes

National School Lunch Week

PSAT Day - Grab and Go Lunches for High School

19 Homemade Mac & Cheese 🍝
Green Bean Salad 🍅
Fresh Orange 🍊
Unflavored 1% Milk
Homemade Sweet Beet Salad 🍏

National Pasta Day

20 Walking Taco
mexi-style taco meat paired with crispy chips 🌮
Black Beans
Yellow Rice
Diced Peaches

21 Mediterranean Chicken & Pasta Bake 🍗
Homemade Garlic Bread
Steamed Broccoli
Fresh Banana 🍌
Unflavored 1% Milk
Fat Free Chocolate Milk

22 BLT Burger 🍔
Side Salad
Oven Baked Fries
Unflavored 1% Milk
Fat Free Chocolate Milk
Cinnamon Applesauce 🍏

23 Blazin Buffalo Chicken Sliders 🌮
BBQ Chicken Sliders 🌮
Oven Baked Fries
Unflavored 1% Milk
Fat Free Chocolate Milk
Fresh Green Grapes

26 Mozzarella Sticks 🍕
Caesar Salad 🥗
Unflavored 1% Milk
Fat Free Chocolate Milk
Tomato Sauce
Steamed Peas

27 Grilled Cheese Sandwich
Meltdown Café 🍷
Chicken Noodle Soup
Sliced Tomatoes
Diced Pear Cup
Fat Free Chocolate Milk
Unflavored 1% Milk

28 Yard Bird Classic Chicken Sandwich 🍗
Pickle Chips
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk
Potato Puffs 🍟

29 Baked Chicken Breast
Fat Free Chocolate Milk
Caramel Apple Bread
Pudding 🍮
Baked Beans
Cinnamon Applesauce 🍏

30 Crispy Chicken Sandwich
Cheese Pizza 🍕
Oven Baked Fries 🍟
Fresh Green Grapes

1/2 Day Professional Development Grab & Go Lunches



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.

Offered Daily

Fresh Vegetable Crudite, Apples & Oranges

Choice of 1% Milk, FF Chocolate

All breads are WG

Lunch Prices

1st Lunch No Cost Additional meal:\$3.50

Adult Lunch: \$5.50
Vegetarian Milk \$ 0.90

Made With Natural Ingredients

P Pork

Smart Choice

Made With Organic Ingredients

Offered Daily

La Cucina: Cheese, Pepperoni, Daily Specials

Miss Ruby's: Chicken Sandwich, Burgers & Cheeseburgers

Weekly Specials

Real Meals: Grab and Go Sandwiches/ Wraps

Chicken Salads, Garden Salads with Cheese (all served with WG Roll)

Yogurt Parfaits with Fruit and Granola