

Lunch Menu

POB JFK High School

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Veggabol BBQ Chickpea Rice Bowl 🌱
Homemade Mac & Cheese 🌱
Garden Salad
Fresh NY Local Apple
MEATLESS MONDAY

6 Soft Tacos Fiesta Corn
Garden Salad
Fresh Orange 🍊

7 General Tso Chicken Noodle Bowl 🍜
Steamed Carrots
Garden Salad
Fresh Pear

1 Classic Tex Mex Burrito 🌮
Confetti Black Bean Salad
Garden Salad
Apple Slices 🍏

2 Cheesy Stuffed Bread Sticks 🌱
Roasted Broccoli
Garden Salad
Fresh Banana 🍌

12 
COLUMBUS DAY

13 Sloppy Joe on a Bun 🍔
Baked Beans 🍲
Garden Salad
Fresh Orange 🍊

14 Mozzarella Stick & Chicken Nugget Combo Meal
Green Beans
Garden Salad
Fresh Pear

15 Nachos Grande 🌻
Sour Cream
Sauteed Corn & Black Bean Salsa
Garden Salad
Apple Slices 🍏

16 Cheesy Stuffed Bread Sticks 🌱
Roasted Broccoli
Fresh Banana 🍌
HARVEST

19 Veggabol Fiesta Rice and Beans Bowl 🌱
Homemade Baked Pasta with Cheese 🌱
Fresh NY Local Apple
MEATLESS MONDAY

20 Mac & Cheese with Spicy Beef 🍖
Homemade Mac & Cheese 🌱
Green Beans
Fresh Orange 🍊

21 Ranch & Chicken Quesadilla 🌻
Black Beans
Fresh Pear
IT'S STUDENT APPRECIATION DAY

22 Beef Hot Dog on Bun 🍔
Baked Beans
Oven Baked Fries
Apple Slices 🍏

23 Pizza Bagel 🌱
Ham & Cheese Bagel Melt 🍷
Caesar Salad 🌻
Fresh Banana 🍌

26 Cheesy Stuffed Bread Sticks 🌱
Marinara Sauce Dip
Garden Salad
Fresh NY Local Apple
MEATLESS MONDAY

27 Mozzarella Sticks 🌱
Marinara Sauce
Garden Salad
Fresh Orange 🍊

28 Whole Grain Pancakes with Sausage
Fresh Blueberries
Fresh Strawberries 🍓
Sweet Potato Fries

29 Nachos Grande 🌻
Sour Cream
Sauteed Corn & Black Bean Salsa
Garden Salad
Fresh NY Local Apple

30 Pizza Crunchers 🌱
Roasted Broccoli
Garden Salad
Fresh Banana 🍌
HARVEST

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.

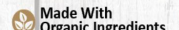
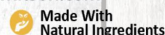
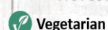
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Meal Prices
ALL FREE MEALS

Gluten Free/Vegetarian Options
Available

For more information email
General Manager Megan
McDonnell at
nortonm@whitson.com



Available Daily: Asstd. Pizza, Chicken Patty & Burgers, Bagel w/Cheese Sticks, Popcorn Chicken w/ Dinner Roll, Yogurt Parfaits, Hot and cold Asstd. Sandwiches & Entrée Salads

Daily Fruit & Veg: Tator Tots, Asstd. Fresh, Cupped & 100% Juices. Carrot Sticks & Tater Tots

Available Milk: 1% White, Fat Free White, Fat Free Chocolate