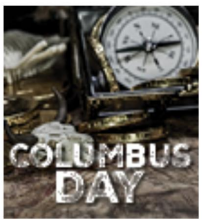
Lunch Menu

Plainview POB Middle School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Classic Tex Mex Burrito Confetti Black Bean Salad Garden Salad Apple Slices	2 Cheesy Stuffed Bread Sticks Roasted Broccoli Garden Salad Fresh Banana
5 Veggabol BBQ Chickpea Rice Bowl Homemade Mac & Cheese Garden Salad Fresh NY Local Apple VEGGABOLS MEATLESS MONDAY	6 Soft Tacos Fiesta Corn Garden Salad Fresh Orange HARVEST	7 General Tso Chicken Noodle Bowl Steamed Carrots Garden Salad Fresh Pear	8 Nachos Grande Sour Cream Sauteed Corn & Black Bean Salsa Garden Salad Apple Slices HARVEST	9 Mozzarella Sticks Marinara Sauce Dip Garden Salad Fresh Banana
12 	13 Sloppy Joe on a Bun Baked Beans Garden Salad Fresh Orange	14 Mozzarella Sticks Marinara Sauce Dip Sweet Potato Fries Garden Salad Fresh Pear	15 Nachos Grande Sour Cream Black Beans Garden Salad Apple Slices	16 Cheesy Stuffed Bread Sticks Marinara Sauce Roasted Broccoli
19 Veggabol Lo Mein Chickpea Noodle Bowl Homemade Mac & Cheese Garden Salad Fresh NY Local Apple MEATLESS MONDAY Inspired Bowls	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 Chicken Nugget & Mozzarella Stick Combo Garden Salad	28 Whole Grain Pancakes with Sausage Fresh Blueberries Fresh Strawberries Sweet Potato Fries BRUNCH FOR LUNCH TODAY!	29 Nachos Grande Sour Cream Sauteed Corn & Black Bean Salsa Garden Salad Apple Slices	30 Pizza Crunchers Sweet & Spicy Roasted Corn Caesar Salad Fresh Banana



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.

Meal Prices:
ALL FREE MEALS
Extra Milk $0.60
Gluten free/Vegetarian options available
For more information email General Manager Megan McDonnell at nortonm@whitsons.com

Available Daily: Asst. Pizza, Hamburger/cheeseburger, asst. chicken patty, WG bagel w/yogurt, asst. Yogurt parfaits, asst. sandwiches, asst, salads.
Daily fruit/vegetables: Apples, oranges, pears, bananas and asst. 100% juice
Available milk: 1% white, fat free white, fat free chocolate

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients