

# Lunch Menu

# Pre-K Menu

October  
2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Mozzarella Sticks With Tomato Sauce  
Sweet Corn  
Apple Slices  
1% Milk

**MEATLESS MONDAY**

6 French Toast Crispy Potato Puffs   
Fresh Banana   
1% Milk

7 Soft Tacos Sweet Corn  
Apple Slices  
1% Milk

8 Crispy Popcorn Chicken  
French Bread  
Green Beans  
1% Milk  
Apple Slices

9 Classic Cheese Pizza   
Steamed Broccoli  
Apple Slices   
1% Milk

12 **SCHOOL CLOSED TODAY**

13 Whole Grain Pancakes with Sausage  
Crispy Potato Puffs   
Cucumber Coins  
Fresh Banana   
1% Milk

14 Meatball Dunkers  
Whole Wheat Dinner Roll   
Steamed Carrots  
Apple Slices  
1% Milk

15 Chicken Nuggets With French Bread  
Oven Baked Fries  
Apple Slices   
1% Milk

16 French Bread Pizza   
Steamed Broccoli  
Sliced Oranges   
1% Milk

19 Homemade Mac & Cheese   
Steamed Carrots  
Fresh Banana   
1% Milk

20 Grilled Cheese Sandwich Meltdown Café   
Cucumber Coins  
Sliced Oranges   
1% Milk

21 Chicken & Cheese Quesadilla  
Sweet Corn  
Fresh Banana   
1% Milk

22 Crispy Popcorn Chicken  
French Bread  
Crispy Potato Puffs   
Apple Slices   
1% Milk

23 Classic Cheese Pizza   
Steamed Broccoli  
Fresh Banana   
1% Milk

26 Cheesy Stuffed Bread Sticks   
Tomato Sauce  
Green Beans  
Sliced Oranges   
1% Milk

**MEATLESS MONDAY**

27 Whole Grain Waffles with Sausage  
Crispy Potato Puffs   
Apple Slices  
1% Milk

**HARVEST**

28 Nachos Grande   
Baked Beans  
Sliced Oranges   
1% Milk

29 Chicken Nuggets With Whole Wheat Dinner Roll   
Sweet Potato Fries  
Sliced Oranges   
1% Milk

30 Pepperoni Pizza   
Steamed Broccoli  
Sliced Oranges   
1% Milk



View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

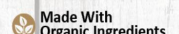
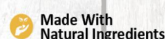
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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.



Free Breakfast  
and Lunch Meals  
for students ONE  
of each per school  
day!



For questions or concerns please contact the food service office at 631-285-8155

Lunch consists of whole grain, meat/meat alternate, fruit, vegetable and 1% milk  
Assorted condiments available