

Lunch Menu

Selden Middle School

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

FREE
Lunch
FOR EVERY STUDENT
every day



HARVEST
of the month
beets



1 Chicken Nuggets
Whole Wheat Dinner Roll 🌻
Crispy Potato Puffs 🌻
Cherry Tomatoes
Fresh Banana 🍌
Fresh Pear

2 French Bread Pizza 🍷
Green Beans
Fresh Baby Carrots
Fresh Apple
Mixed Fruit

5 Cheesy Stuffed Bread Sticks 🍷
With Tomato Sauce
Sweet Corn
Fresh Baby Carrots
Fresh Apple
Fresh Orange 🍊

MEATLESS MONDAY

6 Meatball Sandwich
Oven Baked Fries
Green Beans
Fresh Banana 🍌
Mixed Berry Cup 🍓

7 Tot Spot's Loaded Nacho Tater Tots 🍷
Garden Salad
Beets
Fresh Orange 🍊
Fresh Pear

HARVEST

8 Chicken Nuggets
Whole Wheat Dinner Roll 🌻
Glazed Carrots
Caesar Salad 🍌
Fresh Apple
Strawberries 🍓

9 Pepperoni Pizza 🍷
Crispy Potato Puffs 🌻
Garden Salad
Fresh Banana 🍌
Fresh Pear

12 **SCHOOL CLOSED TODAY**

13 Whole Grain Waffles with Sausage
Crispy Potato Puffs 🌻
Cucumber Coins
Fresh Apple
Fresh Pear



14 Homemade Baked Pasta with Cheese 🍷
Fiesta Corn
Celery Sticks
Fresh Apple
Fresh Orange 🍊

15 Crispy Popcorn
Chicken
Dinner Rolls
Oven Baked Fries
Fresh Baby Carrots
Fresh Orange 🍊
Fresh Pear

16 Classic Cheese Pizza 🍷
Steamed Broccoli
Garden Salad
Fresh Apple
Fresh Orange 🍊



19 Mozzarella Sticks 🍷
With Tomato Sauce
Buttered Corn
Fresh Baby Carrots
Fresh Orange 🍊
Strawberries 🍓

MEATLESS MONDAY

20 Soft Tacos 🍷
Black Beans
Crispy Potato Puffs 🌻
Fresh Apple
Fresh Banana 🍌

21 Honeyfire Kitchen
Chicken Sandwich 🍌
Sweet Potato Fries 🌻
Steamed Broccoli
Fresh Orange 🍊
Mixed Berry Cup 🍓

22 Incredibowls General Tso's Chicken
General Tso's seasoned chicken with brown rice, broccoli, and scallions 🍌
Steamed Broccoli
Cucumber Coins
Strawberries 🍓
Fresh Pear

23 Classic Cheese Pizza 🍷
Pepperoni Pizza 🍷
Crispy Potato Puffs 🌻
Spicy Four Bean Salad
Fresh Apple
Fresh Banana 🍌

26 Homemade Mac & Cheese 🍷
Sweet Corn
Chilled Red Pepper Strips
Fresh Apple
Fresh Orange 🍊

MEATLESS MONDAY

27 Meatball Hero
Green Beans
Caesar Salad 🍌
Fresh Apple
Strawberries 🍓

28 Chicken & Cheese Quesadilla
Black Beans
Beet and Onion Salad 🍌
Fresh Grapes
Strawberries 🍓

HARVEST

29 Buffalo Chicken Dip 🌻
Mixed Vegetables 🌻
Celery Sticks
Fresh Orange 🍊
Fresh Pear

NEW

30 Pepperoni Pizza 🍷
Steamed Broccoli
Garden Salad
Fresh Grapes
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.



Lunch Meals Consist of

Meat/Meat Alt

Grains, Fruit and Vegetables

Choice of 1%, FF or FF

Chocolate Milk

Second meals and A

La Carte choices

require payment at

the time of purchase



Available Daily
Grab & Go Salads and Sandwiches
Chicken Sandwich (M/W/F)
Hamburger/Cheeseburger (T/TH)
Grilled Cheese, Yogurt Parfait Pizza, Bagel Lunch
Baked Fries or Tater Tots
Variety Fresh Fruit and Veggies
Assorted condiments available