

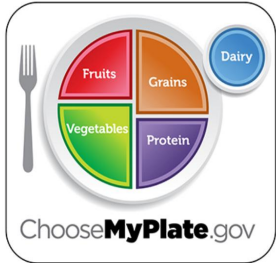
Lunch Menu

Pre-K Menu

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



- 5 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
- Tomato Sauce Dip
Buttered Corn
Applesauce
Unflavored Low Fat Milk
- MEATLESS MONDAY**



- 19 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
- Tomato Sauce Dip
Buttered Corn
Applesauce
Unflavored Low Fat Milk
- MEATLESS MONDAY**

- 26 Cheese Quesadilla
freshly grilled flour tortilla with melted cheese
- Mild Salsa
Buttered Corn
Applesauce
Unflavored Low Fat Milk
- MEATLESS MONDAY**

Tuesday



- 6 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
- Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk

- 13 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
- Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk

- 20 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
- Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk

- 27 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
- Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk

Wednesday



- 7 NY Beef Burger
beef burger on a freshly toasted bun
- Oven Baked Fries
Diced Pear Cup
Unflavored Low Fat Milk

- 14 Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
- Oven Baked Fries
Diced Pear Cup
Unflavored Low Fat Milk

- 21 Whole Grain Pancakes with Sausage
light and fluffy pancakes served with a sausage patty
- Crispy Potato Puffs
Diced Pear Cup
Unflavored Low Fat Milk

- 28 Meatball Dunkers
Tomato Sauce Dip
Whole Wheat Dinner Roll
- Oven Baked Fries
Unflavored Low Fat Milk

Thursday

- 1 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
- Baked Beans
Strawberry Cup
Unflavored Low Fat Milk

- 8 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
- Baked Beans
Strawberry Cup
Unflavored Low Fat Milk

- 15 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
- Baked Beans
Strawberry Cup
Unflavored Low Fat Milk

- 22 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
- Baked Beans
Strawberry Cup
Unflavored Low Fat Milk

- 29 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
- Baked Beans
Strawberry Cup
Unflavored Low Fat Milk

Friday

- 2 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
- Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk

- 9 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
- Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk

- 16 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
- Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk

- 23 **HALF DAY**
A bagged lunch will be offered to all students.

- 30 Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
- Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk

LUCKY TRAY DAY!



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.

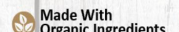
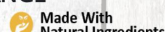
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Adult Meal - \$5.023+ Tax

All Students are eligible to receive a free meal at lunch.

MENU SUBJECT TO CHANGE



Fresh Fruit and Vegetable available daily

Other lunch options available daily.

If you have any questions or would like additional information regarding this menu please contact the Director of Food Service, Kevin Darrigo, at 518-233-6829 or kdarrigo@lansingburgh.org.