

Lunch Menu

Lansingburgh High School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday



Thursday

Friday

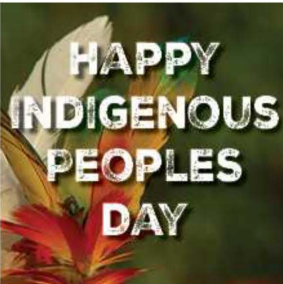
5 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Marinara Sauce
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk
MEATLESS MONDAY

6 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk
Fat Free Chocolate Milk

7 Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

8 BBQ Pulled Pork Sandwich
shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun
Baked Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

9 Chicken Corn Dog
juicy chicken hot dog surrounded with a corn dog crust
Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk



13 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk
Fat Free Chocolate Milk

14 Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

15 Incredibowls Fiesta Chicken & Rice Bowl
freshly seasoned chicken topped with melted cheese and sautéed peppers and onions served inside a warm wrap
Baked Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

16 Pepperoni Quesadilla
melted cheese and pepperoni folded inside a grilled whole wheat tortilla
Marinara Sauce
Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

19 Cheese Quesadilla
freshly grilled flour tortilla with melted cheese
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
Fat Free Chocolate Milk
MEATLESS MONDAY

20 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk
Fat Free Chocolate Milk

21 Crispy Chicken Drumstick
tender chicken drumstick breaded and baked until crispy
Buttered Corn
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

22 Philly Cheese Steak
thinly sliced beef topped with sautéed peppers, onions and melted cheese on a lightly toasted bun prepared in-house
Baked Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

NO LUNCH

26 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Marinara Sauce
Oven Baked Fries
Applesauce
Unflavored Low Fat Milk
MEATLESS MONDAY

27 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Glazed Carrots
Sliced Peaches
Unflavored Low Fat Milk
Fat Free Chocolate Milk

28 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Brown Rice
Steamed Broccoli
Diced Pear Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

29 Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
Baked Beans
Strawberry Cup
Unflavored Low Fat Milk
Fat Free Chocolate Milk

30 Steamed Chicken and Vegetable Dumplings
stuffed dumplings perfect for dipping in your favorite seasoned sauce
Light Soy Sauce
Steamed Broccoli
Mixed Fruit
Unflavored Low Fat Milk
Fat Free Chocolate Milk

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 - \$5.23 + Tax

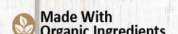
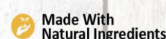
All students are eligible to receive one free meal at lunch.

MENU IS 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.



This institution is an equal opportunity provider.