

Lunch Menu

AMPS

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Please ask about
our Gluten Free
Choices

Tuesday



Wednesday



Thursday

Friday

5 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
With Marinara Sauce
Dip
Sweet Corn

6 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
With Whole Wheat Dinner Roll
Green Beans

7 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Baked Beans

8 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Steamed Carrots

9 Classic Cheese Pizza
Or Pepperoni Pizza
Steamed Broccoli

12 SCHOOL CLOSED TODAY

13 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in
LUCKY TRAY sauce

14 Grilled Cheese Sandwich Meltdown
Café
Baked Beans

15 Whole Grain Waffles with Sausage
light and crispy waffles served with a sausage patty
Sugar Free Syrup
Steamed Carrots

16 Cheese Pizza
Or Pepperoni Pizza
Steamed Broccoli
Chocolate Chip Cookie

19 Pizza Crunchers
bite size pizza pockets
Sweet Corn

20 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
With Marinara Sauce
Dip
Steamed Carrots

21 Meatball Dunkers
meatballs with marinara dipping sauce
With Whole Wheat Dinner Roll
Green Beans

22 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
Whole Wheat Dinner Roll
Baked Beans

23 Classic Cheese Pizza
Or Pepperoni Pizza
Steamed Broccoli

26 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
With Marinara Sauce
Dip
Sweet Corn

27 French Toast
French toast baked to perfection
With Sausage Patty
Sugar Free Syrup
Steamed Carrots

28 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Baked Beans

29 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Crispy Potato Puffs

30 Classic Cheese Pizza
Or Pepperoni Pizza
Steamed Broccoli

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.

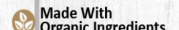
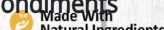


Student Lunch Prices

Breakfast: FREE K-5
Lunch: FREE K-5
Adult: \$5.39 + tax

Assorted Fruits and Vegetables

Assorted Condiments



Available Daily:

Bagel Lunch/Cereal Lunch/Pizza/ Yogurt Lunch/Yogurt Parfait/ Assorted Salads & Sandwiches

Daily Fruit and Vegetable Offerings:

Assorted Fresh Fruit and Fruit Cups

Assorted Fresh Vegetables

Milk Choices:

1% White and low fat chocolate K-2; 1% white milk Pre-K only