

Lunch Menu

MPHS

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

Please ask about
our Gluten Free
Choices

BBQ Chicken Panini- Diced Chicken, Cheddar Cheese, BBQ Sauce

5 BBQ Chicken Sauce & Toss
Brown Rice
Steamed Carrots

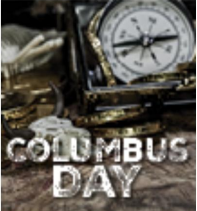
6 Mozzarella Sticks
crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into your
favorite sauce
With Marinara Sauce
Dip
Green Beans

7 Tot Spot's Buffalo
Chicken Tater Tots
crispy tater tots topped with
buffalo chicken and drizzled
with ranch dressing and
scallion garnish
Sweet Corn

8 NY Beef Burger with
Bacon & Cheese
NY beef burger topped with
cheese and bacon on a
freshly toasted bun
Cheeseburger
Steamed Broccoli

9 Nashville Hot Kickin'
Chicken Sandwich
Homemade Lite
Veggie Pasta Salad
Baked Beans

Chicken, Bacon, Ranch Panini- Chicken, Mozzarella Cheese, Bacon, Ranch Dressing

12 

13 Chicken and Waffles
crispy chicken placed on top
of fluffy waffles
With Sugar Free
Syrup
And Crispy Potato
Puffs

14 Nachos Grande
tortilla chips topped with
freshly prepared mexi style
meat and cheese
Black Beans

15 Grilled Cheese
Sandwich Meltdown
Café
With Tomato Soup
Steamed Broccoli

16 Beef Gyro
Steamed Carrots

Buffalo Chicken Panini- Spicy Chicken, Buffalo Ranch

19 Pizza Crunchers
bite size pizza pockets
Sweet Corn

20 Yard Bird Classic
Chicken Sandwich
Oven Baked Fries

Guest Chef Day

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

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

23 Cheesy Stuffed
Bread Sticks
baked bread sticks filled
with melted cheese
Marinara Sauce Dip
Steamed Broccoli

Meatball Parm Panini- Meatballs, Parmesan Cheese, Tomato Sauce, Parmesan Cheese

26 Steamed Chicken
and Vegetable
Dumplings
stuffed dumplings perfect for
dipping in your favorite
seasoned sauce
And Steamed Carrots

27 Chicken Nuggets
crispy breaded chicken
nuggets perfect for dipping
in your favorite sauce
Steamed Carrots

28 Ranch & Chicken
Quesadilla
homemade fiesta chicken,
mozzarella and ranch
dressing melted into a warm
tortilla
Black Beans

29 Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella
And Oven Baked
Fries

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

IT'S STUDENT
APPRECIATION 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.



Student Lunch Prices

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

Available Daily:

Bagel Lunch/ Yogurt Lunch/Assorted Chicken
Patties/Burgers/Pizza

Daily Fruit and Vegetable Offerings:

Assorted Fresh Fruit and Fruit Cups
Assorted Fresh Vegetables

Milk Choices:

Fat-free white and chocolate or 1% white

