

Wallkill HS

10/01/2026 - 10/02/2026

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday Tuesday Wednesday Thursday Friday



1 Buffalo Chicken Tenders
Buffalo chicken tenders with carrot and celery sticks 🥕
Yellow Rice
Carrot Sticks
Baked Potato
Wedges 🌻
Fresh Apple

2 Herb Roasted Chicken
Yellow Rice
Beet and Onion Salad 🍏
Buffalo Cauliflower
Fresh Orange 🍊
HARVEST
of the month
beets

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% Chilled Milk



For Menu Questions
please contact
Marilyn Digregorio @
digregoriom@
whitsons.com

French Bread Pizza
*crispy French bread
smothered with tomato
sauce and melted
cheese* 🌿

French Bread Pizza
*crispy French bread
smothered with tomato
sauce and melted
cheese* 🌿

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Offering New Specials **EVERY WEEK!**

To see our menus, visit us at: www.fdmmealplanner.com

Spicy Chicken Sandwich
*warm spicy chicken
breaded cutlet prepared
in-house*

Spicy Chicken Sandwich
*warm spicy chicken
breaded cutlet prepared
in-house*

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar
Italian Stallion Panini
*freshly prepared grilled
panini with pepperoni,
ham, mozzarella cheese
and lettuce* 🍷 🌿 🍷

Deli Bar
Italian Stallion Panini
*freshly prepared grilled
panini with pepperoni,
ham, mozzarella cheese
and lettuce* 🍷 🌿 🍷

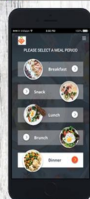
Available Daily: Made to Order and **ALWAYS** Fresh!



Buffalo Chicken Salad with Dinner Rolls
*spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes* 🌿 🌻 🌻
Fruity Granola
Parfait 🌿 🌻 🌻 🍓

Buffalo Chicken Salad with Dinner Rolls
*spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes* 🌿 🌻 🌻
Fruity Granola
Parfait 🌿 🌻 🌻 🍓

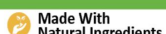
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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WHITSONS FAMILY OF COMPANIES WWW.WHITSONS.COM



Wallkill HS

10/05/2026 - 10/09/2026

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



5 French Toast
French toast baked to perfection ✓
Syrup
Sausage Patty
Crispy Potato Puffs
Fresh Strawberries
BRUNCH FOR LUNCH TODAY!

6 Buffalo Chicken
Sauce & Toss
popcorn chicken glazed with Buffalo sauce
Seasoned Rice
Chickpea Salad
Fresh Green Grapes

7 General Tso Chicken
Noodle Bowl
freshly baked chicken in a soy ginger sauce with vegetables over noodles
Buttered Corn
Fresh Apple
National Noodle Day

8 Honeyfire Kitchen
Chicken Wrap
Chicken wrapped in a tortilla with lettuce and tomato, drizzled with honeyfire sauce
Carrot Sticks
Oven Baked Fries
Fresh Orange

9 Baked Pasta with
Homemade Meat Sauce
Homemade Garlic Naan
Tomato Salad
Spiced Roasted Green Beans w/
FOOD TRUCK FRIDAY
Fresh Banana

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball
P 🍖 🍕

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freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball
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Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Grilled Cheese
Sandwich Meltdown
Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Philly Cheese Steak
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house
Chicken Philly
Cheesesteak

Grilled Cheese
Sandwich Meltdown
Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Grilled Cheese
Sandwich Meltdown
Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Grilled Cheese
Sandwich Meltdown
Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar
Buffalo Chicken
Sandwich

Deli Bar
Buffalo Chicken
Sandwich

Deli Bar
Buffalo Chicken
Sandwich

Deli Bar
Buffalo Chicken
Sandwich

Deli Bar
Buffalo Chicken
Sandwich

Available Daily: Made to Order and ALWAYS Fresh!



Italian Pizza Salad
tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
P 🍖 🍕
Dinner Rolls
Fruity Granola
Parfait

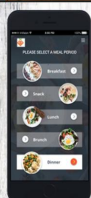
Italian Pizza Salad
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Dinner Rolls
Fruity Granola
Parfait

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Dinner Rolls
Fruity Granola
Parfait

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tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
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Dinner Rolls
Fruity Granola
Parfait

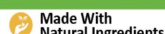
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls



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Wallkill HS

10/12/2026 - 10/16/2026

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

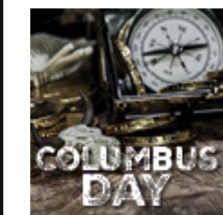
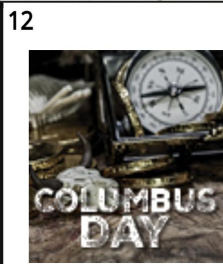
Thursday

Friday



NATIONAL
SCHOOL LUNCH
WEEK

10/12-10/16



12
Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
Sour Cream
Yellow Rice
Seasoned Black
Beans
Tomato Salad 🍅
Fresh Apple

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🍕

Austin Steak Twister
Meltdown Café
freshly prepared thinly
sliced beef with sauteed
mushrooms, onions &
peppers smothered in
melted mozzarella
drizzled with BBQ sauce
🍔 🍷

Deli Bar
American Combo
Sandwich P

Chicken and
Strawberry Salad
fresh strawberries with
chicken over greens 🍓
Dinner Rolls 🌻
Fruity Granola
Parfait 🍓 🍌 🍌 🍌 🍌

14
Chicken Parmesan
Over Pasta
oven baked chicken
topped with sauce and
melted cheese, all over
pasta 🍕 🍌
Side Garden Salad
Steamed Carrots
Fresh Pear

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🍕

Austin Steak Twister
Meltdown Café
freshly prepared thinly
sliced beef with sauteed
mushrooms, onions &
peppers smothered in
melted mozzarella
drizzled with BBQ sauce
🍔 🍷

Deli Bar
American Combo
Sandwich P

Chicken and
Strawberry Salad
fresh strawberries with
chicken over greens 🍓
Dinner Rolls 🌻
Fruity Granola
Parfait 🍓 🍌 🍌 🍌 🍌

15
Wing Shack Honey
Dipped Chicken
Wings
chicken wings mixed with
honey and hot sauce 🍷
Wing Shack Chicken
Wings 🍷
Garlic Parmesan
Fries
the wing shack

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🍕

Austin Steak Twister
Meltdown Café
freshly prepared thinly
sliced beef with sauteed
mushrooms, onions &
peppers smothered in
melted mozzarella
drizzled with BBQ sauce
🍔 🍷

Deli Bar
American Combo
Sandwich P

Chicken and
Strawberry Salad
fresh strawberries with
chicken over greens 🍓
Dinner Rolls 🌻
Fruity Granola
Parfait 🍓 🍌 🍌 🍌 🍌

16
Cheesy Stuffed
Bread Sticks
baked bread sticks filled
with melted cheese 🍷
Tomato Sauce
Sauteed Spinach
seasoned spinach
sauteed in oil
Fresh Orange 🍊

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🍕

Austin Steak Twister
Meltdown Café
freshly prepared thinly
sliced beef with sauteed
mushrooms, onions &
peppers smothered in
melted mozzarella
drizzled with BBQ sauce
🍔 🍷

Deli Bar
American Combo
Sandwich P

Chicken and
Strawberry Salad
fresh strawberries with
chicken over greens 🍓
Dinner Rolls 🌻
Fruity Granola
Parfait 🍓 🍌 🍌 🍌 🍌

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2%

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches

Offering New Specials **EVERY WEEK!**

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Available Daily: Made to Order and **ALWAYS** Fresh!

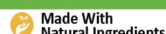
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

10/19/2026 - 10/23/2026

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday

19 **Homemade Pesto Pasta**
Pasta with Chicken
fresh pasta tossed in a
creamy pesto sauce
topped with chicken and
Parmesan cheese 🍷
Side Garden Salad
Roasted Squash
Steamed Broccoli
Applesauce 🍏

20 **Walking Taco**
mexi-style taco meat
paired with crispy chips
Iceberg Lettuce
Sour Cream
Mild Salsa
Spicy Four Bean
Salad
Steamed Carrots
Fresh Orange 🍊

21 **Chicken Philly Cheesesteak**
thin sliced chicken with
sauteed peppers and
onions with cheese on a
whole wheat roll 🍷
Vegetable Rice Pilaf
Green Beans
Strawberries 🍓

22 **BLT Burger**
freshly prepared burger
topped with crispy bacon,
lettuce, tomato and mayo
on a freshly toasted bun
Iceberg Lettuce
Sliced Tomatoes
Oven Baked Fries
Fresh Apple 🍏

23 **Fluffy Whole Grain Waffles**
warm whole grain
waffles 🍷
Syrup
Sausage Patty
Crispy Potato Puffs
Fresh Banana 🍌

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



BIG APPLE CRUNCH!!

#BigAppleCrunch

10/22/26



Meatball Pizza
freshly prepared cheese
pizza topped with
meatballs 🍷

Meatball Pizza
freshly prepared cheese
pizza topped with
meatballs 🍷

Meatball Pizza
freshly prepared cheese
pizza topped with
meatballs 🍷

Meatball Pizza
freshly prepared cheese
pizza topped with
meatballs 🍷

Meatball Pizza
freshly prepared cheese
pizza topped with
meatballs 🍷

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough

Beef Hot Dog on Bun
juicy beef hot dog on a
soft bun 🍷

Beef Hot Dog on Bun
juicy beef hot dog on a
soft bun 🍷

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juicy beef hot dog on a
soft bun 🍷

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juicy beef hot dog on a
soft bun 🍷



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Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches

Deli Bar
Turkey Club Wrap
turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla 🍷

Turkey Club Wrap
turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla 🍷

Deli Bar
Turkey Club Wrap
turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla 🍷

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Turkey Club Wrap
turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla 🍷

Deli Bar
Turkey Club Wrap
turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla 🍷



Available Daily: Made to Order and ALWAYS Fresh!

Garden Salad Entree
fresh garden salad
topped with meat 🍷
Dinner Rolls 🍷
Fruity Granola
Parfait 🍷

Garden Salad Entree
fresh garden salad
topped with meat 🍷
Dinner Rolls 🍷
Fruity Granola
Parfait 🍷

Garden Salad Entree
fresh garden salad
topped with meat 🍷
Dinner Rolls 🍷
Fruity Granola
Parfait 🍷

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topped with meat 🍷
Dinner Rolls 🍷
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fresh garden salad
topped with meat 🍷
Dinner Rolls 🍷
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Parfait 🍷



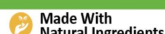
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Wallkill HS

10/26/2026 - 10/30/2026

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



26 Two Cheese Grilled Cheese Meltdown Café
golden toasted bread with gooey melted American and mozzarella cheese prepared in-house
Tomato Soup
Sauteed Zucchini
Apple sauce

27 BBQ Chicken
chicken coated in BBQ sauce
Seasoned Rice
Green Beans
Fresh Blueberries



28 Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken
Steamed Peas
Fresh Orange



29 Tot Spot's BBQ Pulled Pork Tater Tots
crispy tots topped with BBQ pulled pork and garnished with scallions
Side Salad
Steamed Carrots
Fresh Banana



30 Beef Goulash
Celery
Spiced Roasted Green Beans w/ Parmesan
Pineapple

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Grilled Cheese Pizza
fresh pizza dough topped with mozzarella & cheddar cheese and baked until crisp

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General Tso's Chicken Wrap
grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce

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grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce

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General Tso's Chicken Wrap
grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato

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freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato

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freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato

Deli Bar Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato

Available Daily: Made to Order and ALWAYS Fresh!



Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls

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fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls

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fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls

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fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls



And Dinner Rolls
Fruity Granola
Parfait

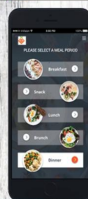
Dinner Rolls
Fruity Granola
Parfait

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