

Lunch Menu

Pre-K Menu

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Mozzarella Sticks
Tomato Sauce
Steamed Carrots
Applesauce

MEATLESS MONDAY

6 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
Brown Rice
Green Beans
Fresh Blueberries



7 Chicken Nuggets
Seasoned Rice
Chilled Red Pepper Strips
Steamed Peas
Fresh Orange

1 NY Beef Burger
beef burger on a freshly toasted bun
Pickle Chips
Sweet Potato Fries
Fresh Apple



2 Classic Cheese Pizza
Roasted Squash
Fresh Banana



13 Cheese Quesadilla
Kidney Beans
Salsa
Fresh Orange

14 Wing Shack Chicken Wings
breaded chicken wings baked to perfection
Boneless
Sweet Corn
Fresh Apple

15 Pasta with Meat Sauce
Steamed Broccoli
Honeydew and Cantaloupe Cup

16 Classic Cheese Pizza
Caesar Salad
Fresh Banana



National School Lunch Week

19 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Steamed Peas
Applesauce

MEATLESS MONDAY



20 Nachos Grande
Sour Cream
Black Beans
Salsa
Sweet Corn
Fresh Orange

21 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Dinner Rolls
Green Beans
Fresh Baby Carrots
Pineapple

22 Turkey & Cheese Sandwich
Celery
Steamed Carrots
Fresh Apple



23 Classic Cheese Pizza
Side Salad
Fresh Banana

26 Grilled Cheese Sandwich
Meltdown Café
Tomato Soup
Buttered Corn
Applesauce

MEATLESS MONDAY

27 Soft Tacos
Sour Cream
Black Beans
Salsa
Cucumber Coins
Fresh Orange

28 Chicken Nuggets
Seasoned Rice
Chilled Red Pepper Strips
Steamed Peas
Strawberries

29 Ham & Cheese Sandwich
Fresh Baby Carrots
Fresh Apple



30 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Oven Baked Fries
Fresh Orange



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.



Lunch Prices

We are now ALL free!

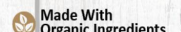
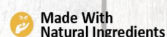
Milk: \$0.75

If you have any questions or would like more information please Contact

Food Service Director

Marilyn Digregorio at

845-895-7192



All grains offered are whole grain

Sloppy Joe- ground beef
Meatball Sub- chicken meatballs
Soft Taco- seasoned ground beef Or chicken