

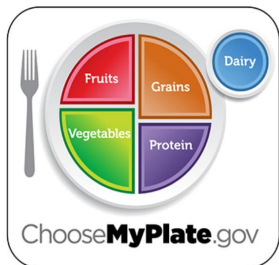
Lunch Menu

Blind Brook MS/HS

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday



Thursday

Friday

5 Homemade Baked Pasta with Cheese 🥗
Homemade Garlic Bread
Roasted Broccoli
Fresh Apple
Unflavored 1% Milk

6 Stir Fry with Garlic Chicken 🍗
Vegetable Fried Rice
Steamed Broccoli
Unflavored 1% Milk
Sliced Oranges 🍊

7 Yard Bird Classic Chicken Sandwich 🍗
Oven Baked Fries 🍟
Homemade Deli Style Coleslaw 🥗
Grape Tomatoes
Fresh Banana 🍌
Unflavored 1% Milk

8 Classic Tex Mex Burrito 🌯
Black Beans
Salsa
Sour Cream
Fresh Pear
Unflavored 1% Milk

9 Homemade Pasta & Meat Sauce 🍝
Whole Wheat Dinner Roll 🍞
Green Beans
Fresh Banana 🍌
Unflavored 1% Milk

**SCHOOL
CLOSED
TODAY**

13 General Tso's Chicken 🍗
Vegetable Fried Rice
Steamed Broccoli
Garden Salad
Sliced Oranges 🍊
Unflavored 1% Milk

14 Chili Cheese Dog 🌭
Sweet Potato Fries 🍟
Baked Beans
Grape Tomatoes
Fresh Banana 🍌
Unflavored 1% Milk

15 Soft Tacos 🌯
Side Garden Salad
Salsa
Spicy Black Bean Salad
Fresh Banana 🍌
Fat Free Chocolate Milk

16 Homemade Pesto Pasta with Chicken 🍝
Homemade Garlic Bread
Green Beans
Sliced Oranges 🍊
Unflavored 1% Milk

19 Homemade Mac & Cheese 🥗
Whole Wheat Dinner Roll 🍞
Mixed Vegetables 🥗
Unflavored 1% Milk

20 Chicken Lo Mein 🍜
Mixed Vegetable Blend 🥗
Sliced Oranges 🍊
Garden Salad
Unflavored 1% Milk

21 Oven Roasted Chicken Breast
Yellow Seasoned Rice
Grape Tomatoes
Baked Plantains
Maduros 🍌
Unflavored 1% Milk

22 Chicken & Cheese Quesadilla
Cheese Quesadilla 🥗
Fiesta Corn
Salsa
Sour Cream
Fresh Pear
Unflavored 1% Milk

23 Swedish Meatballs 🍖
Pasta with Butter
Steamed Carrots
Fresh Melon Cup
Unflavored 1% Milk

26 French Toast 🍞
Sausage Patty
Baked Sweet Potato
Honeydew and Cantaloupe Cup
Unflavored 1% Milk

27 Thai Chicken Wings 🍗
Brown Rice
Stir Fry Vegetables
Apple Slices 🍏
Unflavored 1% Milk

28 Bacon Cheeseburger 🍔
Oven Baked Fries 🍟
Celery & Carrot Sticks w/ Low Fat Dressing
Watermelon Slices 🍉
Unflavored 1% Milk

29 Nachos Grande 🌯
Side Garden Salad
Salsa
Seasoned Pinto Beans
Fresh Pear
Unflavored 1% Milk

30 Chicken Parmesan Over Pasta 🍝
Homemade Garlic Bread
Green Beans
Sliced Oranges 🍊
Unflavored 1% 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.



Melas Include: Meat/Meat Alternative, Grain, Vegetable, Fruit/ 100% Fruit Juice, Milk

**FIRST STUDENT MEAL
FREE**

Second Meal: \$5.75

Adult Meal: \$6.80+tax



Made With Natural Ingredients



Made With Organic Ingredients

AVAILABLE DAILY:

Grab & Go Sandwiches & Salads, Fruit & Yogurt Parfait

Rotating Grill Selections: Chicken Tenders, Chicken Fillet, or Spicy Chicken Fillet Sandwiches, Hamburger, Cheeseburger

Cheese or Pepperoni Pizza

Fruit Selections: Apple, Orange, Banana, Seasonal Fresh Fruit