

Lunch Menu

Syosset Elementary School

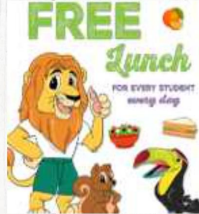
October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday

Thursday

Friday

5 Homemade Mac & Cheese with Broccoli
Or Homemade Mac & Cheese
Crispy Potato Puffs
Celery
Clementine
MEATLESS MONDAY
Safari-Smart Swaps

6 Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell
With Salsa
Celery
Apple Slices
National Taco Day

7 Homemade Pasta & Meatballs
*** Meatballs
freshly baked meatballs with tomato sauce over pasta
Green Bean Salad
Watermelon Slices

8 Crispy Chicken Drumstick
Whole Wheat Dinner Roll
Oven Baked Fries
Confetti Garbanzo Bean Salad
Pineapple
IT'S BRUNCH FOR LUNCH!

9 Cheese Pizza
Chicken Pizza
Spinach Salad
Carrot Sticks
Mango Cup
HARVEST

12
COLUMBUS DAY

13 Baked Chicken Tenders
Whole Wheat Dinner Roll
Sweet Potato Fries
Baby Carrots
Apple Slices

14 Pasta with Meat Sauce

Steamed Carrots
Cucumber Coins
Strawberries

15 Nachos Grande
*** With Salsa
Black Beans
Fiesta Corn
Honeydew and Cantaloupe Cup

16 Cheese Pizza
Pepperoni Pizza
**** Mixed Kale Side Salad
Applesauce

19 Cheesy Stuffed Bread Sticks
Marinara Sauce
Crispy Potato Puffs
Celery
Clementine

20 Baked Chicken Tenders
Honey Mustard Dressing
Meatless Chik'n Nugget
Whole Wheat Dinner Roll
Roasted Butternut Squash
Baby Carrots
Clementine

21 Homemade Mac & Cheese
Roasted Lemon Parmesan Broccoli
Baby Carrots
Strawberries

22 French Toast
Oven Baked Fries
Confetti Garbanzo Bean Salad
Celery
Pineapple
IT'S BRUNCH FOR LUNCH!

23 Cheese Pizza
Chicken Pizza
Caesar Salad
Baby Carrots
Mango Cup
HARVEST

26 Mozzarella Sticks
Marinara Sauce
Crispy Potato Puffs
Celery
Fresh Blueberries
MEATLESS MONDAY

27 Wing Shack Chicken Wings
Ranch Dressing
Whole Wheat Dinner Roll
Green Beans
Baby Carrots
Honeydew and Cantaloupe Cup

28 *** Meatball Hero
Oven Baked Fries
Glazed Carrots
Watermelon Slices

29 Nachos Grande
Salsa
Sweet Corn
Confetti Garbanzo Bean Salad
Celery
Fresh Pear

30 Cheese Pizza
**** Pepperoni Pizza
Mixed Kale Side Salad
Applesauce

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.

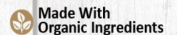
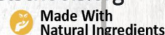
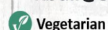
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MEAL PRICE:

All Students: \$0.00
Second Meals: \$2.75
Adult \$5.38+tax
Milk: Student-\$0.75
Adult \$0.75+Tax
General Manager
Karen Ball

kball@syossetschools.org



Daily Lunch Offerings: Garden Salad or Chicken Caesar Salad w/a grain. Turkey or Ham sandwich w/without cheese, or Sunflower Seed Butter w/Jelly Sandwich, Cheese Sandwich or Bagel Meal (bagel, yogurt, cheese stick and/or egg) **Vegetarian options available Daily: Nuggets and Burgers. Daily Fruit & Vegetable options:** Asst. 100% juice, apples, oranges, pears, baby carrots, celery, side salad. **All meals served with:** 1% white, fat free white, FF chocolate milk (all antibiotic and hormone free)

*Gluten free options available. Contact manager for more information. *