

Lunch Menu

Ardasley Middle School

October
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Chicken and Waffles
Crispy Potato Puffs
Chilled Red Pepper Strips
Fresh Blueberries

6 * Walking Taco
Black Beans
Sweet Corn
Side Salad
Fresh Apple



*Beef

7 Whole Grain Pancakes with
**Sausage
Sweet Potato Fries
Celery Sticks
Fresh Banana



1 Cheesy Stuffed Bread Sticks
Steamed Broccoli
Beet and Onion Salad
Fresh Orange

2 Chicken Corn Dog
Mozzarella Sticks
Baked Potato Wedges
Chilled Red Pepper Strips
Watermelon Slices

9 Wing Shack Classic
Buffalo Chicken Wings
Wing Shack BBQ
Style Chicken Wings
Baked Potato Wedges
Carrot Dippers
Celery Sticks
Fresh Apple

12 SCHOOL CLOSED TODAY

13 Chicken Parmesan Over Pasta
Sauteed Spinach
Chickpea Salad
Fresh Melon Cup
Cantaloupe

National School Lunch Week

14 Pretzel with Cheese Sauce
Baked Potato Wedges
Cherry Tomatoes
Strawberry Cup

15 Steamed Chicken and Vegetable Dumplings
Vegetable Fried Rice
Steamed Zucchini
Celery
Fresh Apple

16 NY Beef Burger with Bacon & Cheese
Baked Potato Wedges
Chilled Red Pepper Strips
Fresh Orange

19 Homemade Pasta & * Meatballs
Steamed Carrots
Pineapple Cup

*Chicken

20 Mission Burrito *
Sweet Corn
Pineapple and Grapes Cup

*Beef

21 * Dutch Waffles
Sausage Patty
Homemade Sweet Beet Salad

*Chicken

22 Yard Bird Classic Chicken Sandwich
Baked Potato Wedges
Fresh Apple



23 Wing Shack Classic
Buffalo Chicken Wings
Wing Shack BBQ
Style Chicken Wings
Brown Rice
Sweet Potato Fries
Celery Sticks
Carrot Dippers
Fresh Banana

26 French Toast *
Sausage Patty
Crispy Potato Puffs
Carrot Dippers
Fresh Apple



*Chicken

27 * Nachos Grande
Black Beans
Fiesta Corn
Fresh Banana

*Beef

28 Homemade Mac & Cheese
Sauteed Kale
Spinach Salad
Honeydew



29 Chicken Nugget & Mozzarella Stick Combo
Brown Rice
Oven Baked Fries
Spinach Salad
Pineapple

30 * Meatball Dunkers with Cheese
Roasted Butternut Squash with Brown Sugar & Honey
Chickpea Salad
Fresh Green Grapes

*Chicken



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

Student Meal FREE

Adult Meal : \$5.38 +Tax Choice of Milk: Low Fat White,

Fat Free Chocolate or White

*Turkey **Chicken Sausage

If you have any questions please Contact your Food

Service Director

Lunch Daily Offerings: Turkey or Ham w/wo Cheese, SunButter & Jelly, Cheese Sandwiches

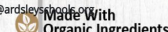
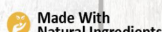
. Bagel Lunch w/ Yogurt & Cheese Stick Yogurt Parfait w/ Fruit & Granola

Chicken Caesar Salad or Chef Salad Garden Side Salad , Variety of Veggies (Dark Leafy Greens, Peppers,

Tomatoes, Carrots & Cucumbers Crudité) & Fruits (Sliced Apples, Oranges & Bananas)

Those who qualify for free or reduced-priced meals enjoy breakfast and lunch at no cost

All grains are whole grains or whole wheat



Nina Ambriz, Food Service Director @ foodservices@ardsleyschool.org