

Lunch Menu

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October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 French Bread Pizza 🍕
Steamed Carrots
Garden Salad
Fresh Orange 🍊
Pineapple Cup 🍍

6 Nachos Grande
Seasoned Black Beans
Sweet Corn
Fresh Banana 🍌
Chicken Caesar Salad 🥗
Whole Wheat Dinner Roll 🍞

7 Fresh Orange 🍊
Green Beans
Chicken Caesar Salad 🥗
Apple Juice 🍏
Yellow Seasoned Rice
BBQ Chicken Sauce & Toss

1 Soft Tacos
Sweet Corn
Crispy Chicken
Garden Salad 🥗
Sliced Peaches
Fresh Orange 🍊
Whole Wheat Dinner Roll

2 **SCHOOL CLOSED TODAY**

8 Chicken Nuggets 🍗
Homemade Mac & Cheese 🧀
Fresh Grapes
Club Roll
Fruit Punch 🍹
Chicken Caesar Salad 🥗

9 Breaded Fish Sticks 🐟
Oven Baked Fries 🍟
Whole Wheat Dinner Roll 🍞
Apple Juice 🍏

12 **SCHOOL CLOSED TODAY**

13 BBQ Chicken Wrap 🌯
Garden Salad
Fresh Banana 🍌
Apple Juice 🍏
Unflavored 1% Milk

14 Meatball Sandwich
Steamed Broccoli
Salad Mix
Diced Peaches
100% Juice Fruit Punch 🍹
Unflavored 1% Milk

15 Whole Grain Philly Steak & Cheese
Pinwheel Meal Break
Sweet Potato Fries 🍟
Corn
Sliced Oranges 🍊
Chicken Caesar Salad 🥗
Fresh Apple 🍏

16 Cheesy Stuffed Bread Sticks 🍌
Carrot Sticks
Diced Pear Cup
Wing Shack Classic
Buffalo Chicken Wings 🍗
Apple Juice 🍏

19 Roast Turkey & Cheese Sandwich 🍗
Cheese Pizza 🍕
Apple Juice 🍏
Oven Baked Fries 🍟
Fresh Apple 🍏
Caesar Salad 🥗

20 Corn & Black Bean Salad
Cinnamon Applesauce 🍏
Yellow Rice
BBQ Chicken Sauce & Toss
Chicken Caesar Salad 🥗

21 Chicken Nuggets 🍗
Spicy Honey Carrots Fries 🍟
Orange and Pineapple Cup 🍹
Chicken Caesar Salad 🥗
Multigrain Club Roll

22 Wing Shack Chicken Wings
Unflavored 1% Milk
Chicken Caesar Salad 🥗
Turkey
Whole Wheat Dinner Roll 🍞
Celery

23 Pear and Pineapple Cup 🍏
100% Orange
Tangerine 🍊
Turkey & Cheese Sandwich
Pepperoni Pizza 🍕
Fat Free Chocolate

26 Garden Salad
Turkey & Cheese Sandwich
Strawberry Cup 🍓
French Bread Pizza 🍕
Celery

27 Herb Roasted Chicken
Baked potato
Diced Peaches
Apple Juice 🍏
Chicken Caesar Salad 🥗

28 Homemade Mac & Cheese 🧀
Steamed Broccoli
Side Garden Salad
100% Orange
Tangerine 🍊
Whole Wheat Dinner Roll
Sliced Apples 🍏

29 Sweet Potato Fries 🍟
Caesar Salad 🥗
100% Juice Fruit Punch 🍹
Crispy Chicken Sandwich

30 French Bread Pizza 🍕
Oven Baked Fries 🍟
Chicken Caesar Salad 🥗
Apple Slices 🍏
Apple Juice 🍏
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.

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