

Lunch Menu

Hamlin Upper Grade Center

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Classic Beef Burger 🍔
Oven Baked Fries
Fresh Orange 🍊

6 Wing Shack BBQ
Style Chicken Wings 🍷
Oven Baked Fries
Fresh Apple 🍏

7 Pepperoni Pizza 🍕
Cucumber Coins
Dried Cranberries

1 Incredibowls Orange
Ginger Chicken 🍷 🍊
Mixed Vegetable
Blend
Diced Peaches

2 Cheesy Lasagna Roll-
Ups 🍷 🍊
Cauliflower
Fresh Apple 🍏



12

13 Nachos Grande 🌻
Seasoned Black
Beans
Fresh Apple 🍏

14 Chicken Nugget &
Mozzarella Stick
Combo
Carrots
Fresh Orange 🍊

15 Incredibowls Fiesta
Chicken & Rice Bowl
Sauteed Corn &
Black Bean Salsa 🌻
Apple Slices 🍏

16 Pizza Crunchers 🌻
Cauliflower
Dried Cranberries

19 Beef Hot Dog on
Bun 🍔
Baked Beans
Fresh Orange 🍊

20 Crispy Popcorn
Chicken
Macaroni and Cheese
Cucumber Coins
Fresh Apple 🍏

21 Stir Fry with Beef
Dippers 🍷 🍊
Brown Rice
Grape Tomatoes
Fresh Orange 🍊

22 Sausage Pizza 🍷
Fresh Broccoli
Fresh Orange 🍊

23 Walking Taco 🌻
Fiesta Corn
Mixed Berry Cup 🍓

26 Chicken Nuggets
Oven Baked Fries 🍷
Fresh Orange 🍊

27 Cheese Pizza 🌻 🍷
Celery
Fresh Red Delicious
Apple 🍏

28 Chicken Corn Dog
Baked Beans
Diced Pear Cup

29 Salisbury Steak 🍷
Mashed Potatoes
Fresh Red Delicious
Apple 🍏



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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