

Lunch Menu

Selden Middle School

November
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

2 Homemade Mac & Cheese 🌱 🍌
Mixed Vegetables 🌱
Celery Sticks
Fresh Orange 🍊
Fresh Banana 🍌

HARVEST 🌱

9 Cheesy Stuffed Bread Sticks 🌱
With Tomato Sauce
Sweet Corn
Fresh Baby Carrots
Fresh Apple
Fresh Orange 🍊

MEATLESS MONDAY

16 Homemade Baked Pasta with Cheese 🌱 🍌
Mixed Vegetables 🌱
Celery Sticks
Fresh Orange 🍊
Fresh Banana 🍌

HARVEST 🌱

23 Mozzarella Sticks 🌱
With Tomato Sauce
Lemon Parmesan Peas 🍌
Fresh Baby Carrots
Fresh Orange 🍊
Strawberries 🍓

MEATLESS MONDAY

30 Two Cheese Quesadilla 🌱
Fiesta Corn
Chilled Red Pepper Strips
Fresh Apple
Fresh Orange 🍊

MEATLESS MONDAY

Tuesday

SCHOOL CLOSED TODAY

10 Meatball Sandwich
Oven Baked Fries
Green Beans
Fresh Banana 🍌

HARVEST 🌱

17 Whole Grain Waffles with Sausage
Crispy Potato Puffs 🌻
Fresh Baby Carrots
Fresh Apple
Fresh Pear

24 Soft Tacos 🌱
Black Beans
Crispy Potato Puffs 🌻
Fresh Apple
Fresh Banana 🍌

Wednesday

4 Philly Cheese Steak 🍌 🍌
Roasted Lemon Parmesan Broccoli 🍌
NEW Celery Sticks
Fresh Apple
Fresh Orange 🍊

11 **IT'S VETERANS DAY**

18 Smokehouse Burger 🍌 🍌
Fiesta Corn
Celery Sticks
Fresh Apple
Fresh Orange 🍊

Burger Bar

25 Honeyfire Kitchen Chicken Sandwich 🍌 🌻
Brown Rice
Steamed Broccoli
Fresh Baby Carrots
Fresh Orange 🍊

Thursday

5 Buffalo Chicken Sauce & Toss
Whole Wheat Dinner Roll 🌻
Crispy Potato Puffs 🌻
Cherry Tomatoes
Fresh Banana 🍌
Fresh Pear

12 Chicken Nuggets
Mashed Potatoes
Glazed Carrots
Caesar Salad 🍌 🍌
Fresh Apple
Strawberries 🍓

19 Crispy Popcorn
Chicken
Dinner Rolls
Oven Baked Fries
Fresh Baby Carrots
Fresh Orange 🍊
Fresh Pear

26 **THANKSGIVING DAY**

Friday

6 French Bread Pizza 🌱
Green Beans
Fresh Baby Carrots
Fresh Apple

HARVEST 🌱

13 Pepperoni Pizza 🍌
Crispy Potato Puffs 🌻
Caesar Salad 🍌 🍌
Fresh Banana 🍌
Fresh Pear

20 Classic Cheese Pizza 🌱 🌻 🍌
Steamed Broccoli
Garden Salad
Fresh Apple
Fresh Orange 🍊

27 **SCHOOL CLOSED TODAY**

2026-2027 Free Breakfast and Lunch Meals
for students ONE of each per school day!

HARVEST 🌱
of the month
green beans



FREE Lunch

FOR EVERY STUDENT every day



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 Meals Consist of

Meat/Meat Alt

Grains, Fruit and Vegetables

Choice of 1%, FF or FF

Chocolate Milk

Second meals and A

La Carte choices

require payment at

the time of purchase

Available Daily

Grab & Go Salads and Sandwiches

Chicken Sandwich (M/W/F)

Hamburger/Cheeseburger (T/TH)

Grilled Cheese, Yogurt Parfait Pizza, Bagel Lunch

Baked Fries or Tater Tots

Variety Fresh Fruit and Veggies

Assorted condiments available



Made With Organic Ingredients



Pork



Smart Choice



Made With Organic Ingredients