

Lunch Menu

FMES

November
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

2 Baked Chicken Tenders
Baked Beans
Seasoned Rice
Grape Tomatoes
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

9 Grilled Cheese Sandwich
Meltdown Café
Tomato Soup
Oven Baked Fries
Applesauce
Unflavored 1% Milk
Fat Free Chocolate Milk

16 Homemade Mac & Cheese
Dinner Rolls
Baked Beans
Steamed Peas
Diced Pear Cup
Unflavored 1% Milk
Fat Free Chocolate Milk

23 French Toast
Sausage Patty
Crispy Potato Puffs
Syrup
Celery & Carrot Sticks w/
Low Fat Dressing
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk

30 Stuffed Breadstick
Tomato Sauce
Crispy Potato Puffs
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk

Tuesday

3 **SCHOOL
CLOSED
TODAY**

10 Nachos Grande
Side of Beans
Fiesta Corn
Salsa
Cinnamon Applesauce
Unflavored 1% Milk
Fat Free Chocolate Milk
Roasted Kale

17 Tot Spot's Loaded Nacho
Tater Tots
Sauteed Corn & Black Bean
Salsa
Apple Slices
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Kale Side Salad

24 Nachos Grande
Salsa
Side of Beans
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk
Sauteed Kale

**FREE
Lunch**
FOR EVERY STUDENT
every day



Wednesday

4 Mini Blueberry Pancakes
Celery
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

1/2 Day

Parent Teacher
Conferences

11 **IT'S
VETERANS
DAY**



18 Roasted Turkey with Gravy
Homemade Stuffing
Mashed Potatoes
Mixed Vegetables
Apple Cobbler
Unflavored 1% Milk
Fat Free Chocolate Milk

25 **SCHOOL
CLOSED
TODAY**

Thursday

5 Pasta with Meat Sauce
Homemade Garlic Bread
Mixed Kale Side Salad
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

12 Crispy Popcorn Chicken
Vegetable Rice Pilaf
Sweet Corn
Applesauce
Unflavored 1% Milk
Fat Free Chocolate Milk

19 Cheeseburger
NY Beef Burger
Pickle Chips
Sliced Tomatoes
Oven Baked Fries
Unflavored 1% Milk
Fat Free Chocolate Milk

26 **THANKSGIVING
DAY**



Friday

6 Cheese Pizza
Oven Baked Fries
Cinnamon & Honey
Roasted Beans
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

13 Cheese Pizza
Steamed Broccoli
Sweet Potato Fries
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk

20 Cheese Pizza
Roasted Kale
Sweet Corn
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk

27 **SCHOOL
CLOSED
TODAY**



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

1st Lunch no cost

2nd lunch \$3.25

Milk: \$0.90

If you have any questions or would like more information, please contact your Food Service Director

Kathy Coakley

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Vegetarian Made With Natural Ingredients



Daily Lunch Offerings:

Fresh Vegetable sides

Grab and Go Sandwiches - Turkey/Ham with Or Without Cheese on WG breads, Entree Salads: Chicken Salads, Chef Salads. Garden Salads with Cheese (all served with WG Roll). Fruit Parfait with Granola. A variety of Fresh Fruits and Vegetables available daily.

