

Lunch Menu

HFIS

November
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

2 Chicken & Cheese Quesadilla
Seasoned Rice
Sauteed Corn & Black Bean Salsa
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 Blazin Buffalo Chicken Sliders
Celery & Carrot Sticks w/ Low Fat Dressing
Mixed Vegetables
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

SCHOOL CLOSED TODAY

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

17 Tot Spot's Loaded Nacho Tater Tots
Sweet Corn
Confetti Black Bean Salad
Apple Slices
Unflavored 1% Milk
Fat Free Chocolate Milk

24 Walking Taco
Salsa
Side of Beans
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk

FREE Lunch
FOR EVERY STUDENT every day

Wednesday

4 Simply Boxed Pancake Bites
Fresh Baby Carrots
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
Mashed Potatoes
Corn Bread Stuffing
Mixed Vegetables
Apple Cobbler

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 Yard Bird Classic Chicken Sandwich
Oven Baked Fries
Applesauce
Unflavored 1% Milk
Fat Free Chocolate Milk

19 General Tso Chicken Noodle Bowl
Roasted Vegetables
Unflavored 1% Milk
Fat Free Chocolate Milk
Celery Sticks

26 **THANKSGIVING DAY**

Friday

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

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

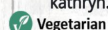
2nd lunch \$3.50

Milk: \$0.90

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

Kathy Coakley

kathryn.coakley@hffmcsd.org



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic 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.