

Lunch Menu

James I. O'Neill HS

November 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

2 Lo Mein Noodle Bowl 🍜
Seared Dumplings 🥟
Roasted Broccoli
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

3 **SCHOOL CLOSED TODAY**

4 Blazin Buffalo Chicken Sliders 🌭
BBQ Chicken Sliders 🌭
Oven Baked Fries
Green Beans
Baby Carrots
Fresh Orange 🍊
Fat Free Chocolate Milk
Unflavored 1% Milk

5 Incredibowls BBQ Chicken Burrito Bowl 🌯
Cilantro Garlic Rice
Tomato Salad
Black Beans
Fresh Banana 🍌
Fat Free Chocolate Milk
Unflavored 1% Milk

6 Yard Bird Classic Chicken Sandwich 🍗
Crispy Potato Puffs
Diced Peaches
Fat Free Chocolate Milk
Unflavored 1% Milk

9 Grilled Cheese Sandwich
Meltdown Café 🍷
Tomato Soup
Spiced Roasted Green Beans w/ Parmesan
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

10 Chicken and Waffles
Baked Beans
Homemade Carrot & Raisin Slaw 🥕
Diced Pears
Fat Free Chocolate Milk
Unflavored 1% Milk

11 **IT'S VETERANS DAY**

12 Tot Spot's Loaded Nacho Tater Tots 🍟
Crispy Potato Puffs
Glazed Carrots
Fresh Banana 🍌
Fat Free Chocolate Milk
Unflavored 1% Milk

13 Meatloaf with Gravy 🍖
Mashed Potatoes
Homemade Corn Bread
Roasted Kale
Diced Peaches
Fat Free Chocolate Milk
Unflavored 1% Milk

16 Homemade Roasted Pepper & Chicken with Pasta 🍝
Pita Chips 🌾
Mixed Kale Side Salad
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

17 Crunch Wrap Taco 🌯
Cilantro Lime Rice
Corn & Black Bean Salad
Diced Pears
Fat Free Chocolate Milk
Unflavored 1% Milk

18 Homemade French Toast 🍞
Golden Baked Potato Wedges
Sausage Patty
Fresh Orange 🍊
Fat Free Chocolate Milk
Unflavored 1% Milk
1/2 Day
Parent Teacher Conferences

19 Roasted Turkey with Gravy
Corn Bread Stuffing
Mashed Potatoes
Mixed Vegetables
Apple Cobbler
Fresh Banana 🍌
Fat Free Chocolate Milk
Unflavored 1% Milk

20 Wing Shack Chicken Wings 🍗
Wing Shack BBQ Style Chicken Wings
Celery
Carrot Sticks
Baked Potato Wedges
Diced Peaches
Fat Free Chocolate Milk
Unflavored 1% Milk

23 BLT Burger 🍔
Pickle Chips
Sliced Tomatoes
Sweet Potato Fries
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

24 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🌮
Black Beans
Diced Pears
Fat Free Chocolate Milk
Unflavored 1% Milk

25 **SCHOOL CLOSED TODAY**

26 **THANKSGIVING DAY**

27 **SCHOOL CLOSED TODAY**

30 Mozzarella Stick & Chicken Nugget Combo Meal
Tomato Sauce
Crispy Potato Puffs
Fresh Apple
Fat Free Chocolate Milk
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.

***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.



Offered Daily

Fresh Vegetables, Apples & Oranges

Choice of 1% Milk, FF Chocolate

All breads are WG

Lunch Prices

1st Lunch No Cost Additional meal:

\$3.50

Adult Lunch: \$5.50

Milk\$ 0.90



Vegetarian



Made With Natural Ingredients



Offered Daily

La Cucina: Cheese, Pepperoni, Daily Specials

Miss Ruby's: Chicken Sandwich, Burgers & Cheeseburgers

Weekly Specials

Real Meals: Grab and Go Sandwiches/ Wraps

Chicken Salads, Garden Salads with Cheese (all served with WG Roll)

Yogurt Parfaits with Fruit and Granola



Pork



Smart Choice



Made With Organic Ingredients