

Lunch Menu

POB JFK High School

November
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheesy Stuffed Bread Sticks Marinara Sauce Dip Garden Salad	3 Ranch & Chicken Quesadilla Corn Salsa Garden Salad Fresh Orange	4 French Toast Sausage Patty Fresh Blueberries Fresh Orange 	5 Classic Tex Mex Burrito Confetti Black Bean Salad Garden Salad Apple Slices	6 Pizza Crunchers Roasted Broccoli Garden Salad Fresh Banana
9 Veggaboli BBQ Chickpea Rice Bowl Homemade Mac & Cheese Garden Salad Fresh NY Local Apple 	10 Soft Tacos Fiesta Corn Garden Salad Fresh Pear		12 Yard Bird Classic Chicken Sandwich Pickle Chips Crispy Potato Puffs Garden Salad Apple Slices	13 Mozzarella Sticks Marinara Sauce Chili Roasted Broccoli Garden Salad Fresh Banana
16 Cheesy Stuffed Bread Sticks Marinara Sauce Dip Garden Salad Fresh NY Local Apple	17 General Tso's Chicken Steamed Carrots Garden Salad Fresh Pear	18 Mozzarella Stick & Chicken Nugget Combo Meal Steamed Carrots Garden Salad Fresh Pear 	19 Nachos Grande Sour Cream Sauteed Corn & Black Bean Salsa Garden Salad Apple Slices	20 Pizza Bagel Ham & Cheese Bagel Melt Caesar Salad Fresh Banana
23 Veggaboli Fiesta Rice and Beans Bowl Homemade Baked Pasta with Cheese Fresh NY Local Apple 	24 Mac & Cheese with Spicy Beef Homemade Mac & Cheese Green Beans Fresh Pear	25 Whole Grain Pancakes with Sausage Fresh Strawberries Fresh Orange 		
30 Cheesy Stuffed Bread Sticks Marinara Sauce Dip Garden Salad Fresh NY Local 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.

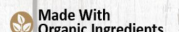
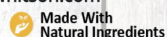
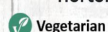
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Meal Prices
ALL FREE MEALS

Gluten Free/Vegetarian Options
Available

For more information email
General Manager Megan
McDonnell at
nortonm@whitson.com



Available Daily: Asstd. Pizza, Chicken Patty & Burgers, Bagel w/Cheese Sticks, Popcorn Chicken w/ Dinner Roll, Yogurt Parfaits, Hot and cold Asstd. Sandwiches & Entrée Salads
Daily Fruit & Veg: Tator Tots, Asstd. Fresh, Cupped & 100% Juices. Carrot Sticks & Tater Tots
Available Milk: 1% White, Fat Free White, Fat Free Chocolate