

Lunch Menu

Plainview POB Middle School

November
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheesy Stuffed Bread Sticks  Marinara Sauce Dip Fresh NY Local Apple	3 Ranch & Chicken Quesadilla   Corn Salsa  Garden Salad Fresh Pear	4 French Toast  Sausage Patty Fresh Blueberries Garden Salad 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 Veggabol 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 Dip Chili Roasted Broccoli Garden Salad Fresh Banana 
16 Cheesy Stuffed Bread Sticks  Marinara Sauce Dip Fresh NY Local Apple	17 General Tso Chicken Noodle Bowl  Steamed Carrots Garden Salad Fresh Pear	18 Chicken Nugget & Mozzarella Stick Combo Steamed Carrots Garden Salad Fresh Pear 	19 Nachos Grande  Sour Cream Black Beans Garden Salad Apple Slices 	20 Pizza Bagel   Ham & Cheese Bagel Melt  Caesar Salad   Fresh Banana  
23 Veggabol Lo Mein Chickpea Noodle Bowl   Homemade Mac & Cheese   Garden Salad Fresh NY Local Apple  	24 Mac & Cheese with Spicy Beef   Homemade Mac & Cheese   Green Beans Fresh Orange 	25 Whole Grain Pancakes with Sausage Fresh Strawberries  Garden Salad Fresh Orange  		SCHOOL CLOSED TODAY
30 Cheesy Stuffed Bread Sticks  Marinara Sauce Dip Garden Salad Fresh NY Local Apple 				



View this menu on the mobile app, FDMMealPlanner, or on the web at www.FDMMealPlanner.com.

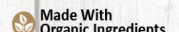
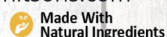
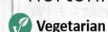
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**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.



Meal Prices:
ALL FREE MEALS
Extra Milk \$0.60
Gluten free/Vegetarian options available
For more information email General Manager Megan McDonnell at nortonm@whitsons.com



Available Daily: Asst. Pizza, Hamburger/cheeseburger, asst. chicken patty, WG bagel w/yogurt, asst. Yogurt parfaits, asst. sandwiches, asst. salads.

Daily fruit/vegetables: Apples, oranges, pears, bananas and asst. 100% juice

Available milk: 1% white, fat free white, fat free chocolate