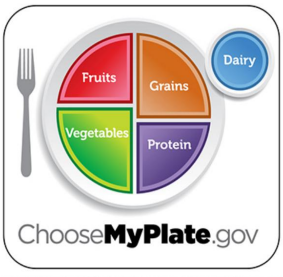
Lunch Menu

Blind Brook MS/HS

November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheesy Stuffed Bread Sticks Marinara Sauce Mixed Vegetables Unflavored 1% Milk 	3 Sweet & Sour Chicken Sauce & Toss Vegetable Fried Rice Garden Salad Sliced Oranges Unflavored 1% Milk Steamed Broccoli	4 Yard Bird Classic Chicken Sandwich Oven Baked Fries Grape Tomatoes Fresh Banana Unflavored 1% Milk	5 Fiesta Taco Salad Salsa Sour Cream With Sweet Corn And Fresh Melon Cup Fat Free Chocolate Milk	6 Pasta with Creamy Tomato Sauce & Chicken Mixed Kale Side Salad Fresh Banana Unflavored 1% Milk
9 Homemade Baked Pasta with Cheese Homemade Garlic Bread Roasted Broccoli Fresh Apple Unflavored 1% Milk	10 General Tso's Chicken Brown Rice Mixed Vegetables Sliced Oranges Unflavored 1% Milk		12 Classic Tex Mex Burrito Black Beans Salsa Sour Cream Fresh Pear Unflavored 1% Milk	13 Chicken Parmesan Over Pasta Sauteed Kale Fresh Banana Unflavored 1% Milk
16 Two Cheese Grilled Cheese Meltdown Café Tomato Soup Sweet Potato Fries Fresh Apple	17 Chicken Lo Mein *tender chicken sauteed with vegetables and lo mein noodles* Sliced Oranges Garden Salad Unflavored 1% Milk	18 BBQ Chicken Sauce & Toss Buffalo Chicken Sauce & Toss Oven Baked Fries Celery Carrot Sticks Fresh Apple Unflavored 1% Milk	19 Chicken & Cheese Quesadilla Cheese Quesadilla Fiesta Corn Salsa Sour Cream Fresh Pear Unflavored 1% Milk	20 Homemade Pasta & Meat Sauce Whole Wheat Dinner Roll Green Beans Fresh Banana Unflavored 1% Milk
23 Homemade Mac & Cheese Whole Wheat Dinner Roll Mixed Vegetables Unflavored 1% Milk	24 Seared Dumplings Steamed Chicken and Vegetable Dumplings Vegetable Fried Rice Steamed Broccoli Unflavored 1% Milk Sliced Oranges	25 Oven Roasted Chicken Breast Yellow Seasoned Rice Grape Tomatoes Baked Plantains Maduros Unflavored 1% Milk		SCHOOL CLOSED TODAY
30 French Toast Sausage Patty Baked Sweet Potato Honeydew and Cantaloupe Cup 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.

Melas Include: Meat/Meat Alternative, Grain, Vegetable, Fruit/ 100% Frui Juicce, Milk

FIRST STUDENT MEAL FREE

Second Meal: $5.75

Adult Meal:$6.80+tax

AVAILABLE DAILY:

Grab & Go Sandwiches & Salads, Fruit & Yogurt Parfait

Rotating Grill Selections: Chicken Tenders, Chicken Fillet, or Spicy Chicken Fillet Sandwiches, Hamburger, Cheeseburger

Cheese or Pepperoni Pizza

Fruit Selections: Apple, Orange, Banana, Seasonal Fresh Fruit

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients

***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.