Lunch Menu

MPHS

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Herb Roasted Chicken Steamed Broccoli	3 SCHOOL CLOSED TODAY	4 French Toast *French toast baked to perfection* With Sausage Patty Sugar Free Syrup Steamed Carrots	5 Barbecue Rib Sandwich *warm BBQ rib patty on a bun prepared in-house* Baked Beans	6 Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese* Sweet Corn
Meatball Parm Panini- Meatballs, Parmesan Cheese, Tomato Sauce, Parmesan Cheese				
9 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* With Marinara Sauce Dip Green Beans	10 NY Beef Burger with Bacon & Cheese *NY beef burger topped with cheese and bacon on a freshly toasted bun* Baked Beans	11 	12 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Steamed Carrots	13 Cheesy Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Marinara Sauce Dip Steamed Broccoli
BBQ Chicken Panini- Diced Chicken, Cheddar Cheese, BBQ Sauce				
16 Homemade Mac & Cheese *pasta in cheese sauce, garnished with parsley* Cherry Tomatoes IT'S STUDENT APPRECIATION DAY	17 Wing Shack Classic Buffalo Chicken Wings Wing Shack BBQ Style Chicken Wings Crispy Potato Puffs Guest Chef Day	18 Tot Spot's Buffalo Chicken Tater Tots *crispy tater tots topped with buffalo chicken and drizzled with ranch dressing and scallion garnish* Sweet Corn	19 Grilled Cheese Sandwich Meltdown Café With Tomato Soup Steamed Carrots	20 Sausage & Peppers *sweet Italian sausage with sauteed red & green peppers and onions in our homemade tomato sauce* Green Beans Brown Rice
Chicken, Bacon, Ranch Panini- Chicken, Mozzarella Cheese, Bacon, Ranch Dressing				
23 Chicken Fajita Wrap *freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese* Black Beans	24 Pizza Crunchers *bite size pizza pockets* Sweet Corn	25 SCHOOL CLOSED TODAY	26 	27 SCHOOL CLOSED TODAY
Italian Panini - Breaded Chicken, Mozzarella Cheese, Tomato Sauce				
30 Incredibowls Chicken & Vegetable Rice *fluffy rice topped with vegetable stir fry and baked chicken* And Steamed Carrots	**Please ask about our Gluten Free Choices**			

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.

Student Lunch Prices
Breakfast: FREE K-5
Lunch: FREE K-5
Adult: $5.39 + tax

Available Daily:

Bagel Lunch/ Yogurt Lunch/Assorted Chicken Patties/Burgers/Pizza

Daily Fruit and Vegetable Offerings:
Assorted Fresh Fruit and Fruit Cups
Assorted Fresh Vegetables

Milk Choices:
Fat-free white and chocolate or 1% white

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