Lunch Menu

FMES

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Soft Tacos Brown Rice Side of Beans Salsa Cinnamon Applesauce Unflavored 1% Milk Fat Free Chocolate Milk	2 Stuffed Breadstick Tomato Sauce Crispy Potato Puffs Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk **2nd Grade** **West Point Trip**	3 Pasta with Meat Sauce Homemade Garlic Bread Roasted Squash Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk	4 Cheese Pizza Oven Baked Fries Cinnamon & Honey Roasted Beans Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk Chocolate Chip Cookie
7 Grilled Cheese Sandwich Meltdown Café Tomato Soup Oven Baked Fries Applesauce Unflavored 1% Milk Fat Free Chocolate Milk	8 Nachos Grande Side of Beans Fiesta Corn Salsa Cinnamon Applesauce Unflavored 1% Milk Fat Free Chocolate Milk	9 Sloppy Joe on a Bun Smiley Fries Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk **1st Grade Reading Buddies Trip**	10 Crispy Popcorn Chicken Vegetable Rice Pilaf Sweet Corn Applesauce Unflavored 1% Milk Fat Free Chocolate Milk	11 Cheese Pizza Steamed Broccoli Sweet Potato Fries Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk
14 Homemade Mac & Cheese Dinner Rolls Baked Beans Steamed Peas Diced Pear Cup Unflavored 1% Milk Fat Free Chocolate Milk	15 Tot Spot's Loaded Nacho Tater Tots Sauteed Corn & Black Bean Salsa Apple Slices Unflavored 1% Milk Fat Free Chocolate Milk Mixed Kale Side Salad Bagel Lunch	16 Chicken Nuggets Mashed Potatoes Mixed Vegetables Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk	17 Cheeseburger NY Beef Burger Pickle Chips Sliced Tomatoes Oven Baked Fries Unflavored 1% Milk Fat Free Chocolate Milk	18 Cheese Pizza Sweet Corn Side Salad Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk
21 French Toast Sausage Patty Crispy Potato Puffs Syrup Celery & Carrot Sticks w/ Low Fat Dressing Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk	22 Nachos Grande Salsa Side of Beans Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk	23 Muffin Lunch Bagel Lunch Fresh Baby Carrots Sliced Apples Unflavored 1% Milk Fat Free Chocolate Milk Bagel Lunch **1/2 Day Grab & Go Lunch**	24 	25 
28 	29 	30 	31 	



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.

Lunch Prices

1st Lunch no cost

2nd lunch $3.25

Milk: $0..90

If you have any questions or would like more information, please contact your Food Service Director

Kathy Coakley

kathryn.coakley@hffmsd.org

Daily Lunch Offerings:

Fresh Vegetable sides

Grab and Go Sandwiches - Turkey/Ham with Or Without Cheese on WG breads, Entree Salads: Chicken Salads, Chef Salads. Garden Salads with Cheese (all served with WG Roll). Fruit Parfait with Granola. A variety of Fresh Fruits and Vegetables available daily.

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