Lunch Menu

HFIS

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Nachos Grande Side of Beans Fiesta Corn Salsa Cinnamon Applesauce Unflavored 1% Milk Fat Free Chocolate Milk	2 Cheeseburger Sweet Potato Fries Pickle Chips Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk	3 Pasta with Meat Sauce Spinach Salad Homemade Garlic Bread Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk	4 Cheese Pizza Roasted Parmesan Butternut Squash Oven Baked Fries Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk
7 Chicken Corn Dog Cheez-Its 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 Beef and Tomato Macaroni Casserole Side Salad Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk	10 Yard Bird Classic Chicken Sandwich Oven Baked Fries 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 Sweet Corn Confetti Black Bean Salad Unflavored 1% Milk Fat Free Chocolate Milk Salsa Cinnamon Applesauce	16 Crispy Popcorn Chicken Mashed Potatoes Mixed Vegetables Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk	17 General Tso Chicken Noodle Bowl *freshly baked chicken in a soy ginger sauce with vegetables over noodles* Roasted Vegetables Unflavored 1% Milk Fat Free Chocolate Milk Celery Sticks	18 Cheese Pizza Glazed Carrots Roasted Kale Fresh Apple Unflavored 1% Milk Fat Free Chocolate Milk
21 Blazin Buffalo Chicken Sliders Celery & Carrot Sticks w/ Low Fat Dressing Mixed Vegetables Fresh Orange Unflavored 1% Milk Fat Free Chocolate Milk	22 Walking Taco Yellow Rice Salsa Side of Beans 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	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 $3.50

Milk: $0..90

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

Kathy Coakley

kathryn.coakley@hffmcsd.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