

Lunch Menu

James I. O'Neill HS

December 2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

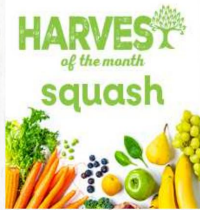
Monday

Tuesday

Wednesday

Thursday

Friday



4 Fluffy Whole Grain Pancakes Syrup
Oven Baked Fries
Applesauce
Scrambled Eggs

MEATLESS MONDAY

5 Yard Bird Classic Chicken Sandwich
Diced Pear Cup
Crispy Potato Puffs

YARD BIRD
The Original Chicken Sandwich

6 Cheeseburger
NY Beef Burger
Pickle Chips
Sliced Tomatoes
Fresh NY Local Apple
Oven Baked Fries

7 Nashville Hot Kickin' Chicken Sandwich
Black Beans
Oven Baked Fries
Fresh NY Local Apple

NASHVILLE

1 Wing Shack Chicken Wings
Thai Chicken Wings
Celery
Fresh Orange
Oven Baked Fries
Cheeseburger

Eat a Bagel Day!

11 Homemade Mac & Cheese
Steamed Peas
Dinner Rolls
Applesauce
Oven Baked Fries

MEATLESS MONDAY

12 Fiesta Taco Salad
homemade crunchy tortilla bowl with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar
Yellow Rice
Seasoned Black Beans
Fresh NY Local Apple
Fresh Banana
Oven Baked Fries

13 Buffalo Chicken Sauce & Toss
popcorn chicken glazed with Buffalo sauce
Celery Sticks
Fresh Baby Carrots
Ranch Dressing
Fresh Peach

14 Smokehouse Pulled Pork Sandwich
Baked Beans
Crispy Potato Puffs
Fresh NY Local Apple

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15 Homemade Pasta & Meat Sauce
Homemade Garlic Bread
Sautéed Spinach
Fresh Orange

HARVEST

18 Meatless Chik'n Nuggets & Mashed Potato Bowl
Roasted Squash
Fresh Orange
Applesauce
Sweet Corn

MEATLESS MONDAY

19 Walking Taco
mexi-style taco meat paired with crispy chips
Yellow Rice
Sriracha Garbanzo Beans
Salsa

20 Tot Spot's BBQ Chicken Tater Tots
crispy tater tots topped with BBQ chicken and scallion garnish
Fresh NY Local Apple
Green Beans

TOT SPOT

21 Spicy Chicken Melt
moist spicy chicken topped with melted cheese inside a warm bread
Iceberg Lettuce
Sliced Tomatoes
Spicy Black Bean Salad
Fresh NY Local Apple

STUDENT APPRECIATION DAY

22 Fluffy Whole Grain Waffles
Fresh Blueberries
Syrup
Turkey Sausage Patty
Oven Baked Fries
Fresh Orange

FOOD FOCUS

25 **HOLIDAY JOY**

26 **HOLIDAY JOY**

27 **HOLIDAY JOY**

28 **HOLIDAY JOY**

29 **HOLIDAY JOY**

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. 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.

***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.

Offered Daily

Fresh Vegetable Crudite, Apples & Oranges

Choice of 1% Milk, FF Chocolate

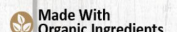
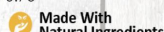
All breads are WG

Lunch Prices

Student Lunch Meal \$3.15

Adult Lunch: \$5.25

Milk \$ 0.75



Offered Daily

La Cucina: Cheese, Pepperoni, Daily Specials

Miss Ruby's: Chicken Sandwich, Burgers & Cheeseburgers Weekly Specials

Real Meals: Grab and Go Sandwiches/ Wraps
Chicken Salads. Chef Salads Garden Salads with Cheese (all served with WG Roll)
Yogurt Parfaits with Fruit and Granola