

# Lunch Menu

## POB JFK High School

April  
2025

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1 Ranch & Chicken Quesadilla  
Cheese Quesadilla  
Buttered Corn  
Carrot Sticks  
Fresh NY Local Apple

2 Wing Shack Chicken Wings  
Celery  
Carrot Sticks  
Diced Pear Cup  
Fresh Orange

3 General Tso Chicken  
Noodle Bowl  
Confetti Garbanzo  
Bean Salad  
Garden Salad  
Diced Pear Cup  
Applesauce

4 Cheesy Stuffed Bread Sticks  
Marinara Sauce  
Sweet Potato Fries  
Garden Salad  
Applesauce  
Fresh Orange

7 Homemade Mac & Cheese  
Crispy Potato Puffs  
Garden Salad  
Applesauce  
Fresh Orange

8 Mission Burrito  
Chilled Red Pepper Strips  
Applesauce  
Fresh Orange

9 Whole Grain Pancakes with Sausage  
Sweet Potato Fries  
Applesauce  
Fresh Orange

10 Homemade Pasta & Meatballs  
Green Beans  
Garden Salad  
Diced Pear Cup  
Fresh NY Local Apple

11 Pizza Crunchers  
Marinara Sauce  
Sweet Potato Fries  
Garden Salad  
Diced Peaches  
Fresh Orange



14 SCHOOL CLOSED TODAY

15 SCHOOL CLOSED TODAY

16 SCHOOL CLOSED TODAY

17 SCHOOL CLOSED TODAY

18 SCHOOL CLOSED TODAY

21 SCHOOL CLOSED TODAY

22 Nachos Grande  
Sour Cream  
Salsa  
Fiesta Corn  
Applesauce  
Fresh Pear

23 Homemade Baked Pasta with Cheese  
Pasta Al Dente  
Green Beans  
Carrot Sticks  
Diced Pear Cup  
Fresh NY Local Apple

24 Chicken & Cheese Quesadilla  
Cheese Quesadilla  
Sour Cream  
Salsa  
Black Beans  
Diced Pear Cup  
Applesauce

25 Mozzarella Sticks  
Marinara Sauce  
Caesar Salad  
Diced Peaches  
Fresh NY Local Apple  
Diced Pear Cup  
Applesauce

28 Homemade Mac & Cheese  
Crispy Potato Puffs  
Garden Salad  
Applesauce  
Fresh Orange

29 Ranch & Chicken Quesadilla  
Cheese Quesadilla  
Fiesta Corn  
Carrot Sticks  
Fresh NY Local Apple

30 Whole Grain Pancakes with Sausage  
Sweet Potato Fries  
Applesauce  
Fresh Orange

View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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.



Meal Prices  
Paid \$3.20  
Reduced \$0  
Milk \$0.60

Gluten Free/Vegetarian Options Available

For more information email  
General Manager Megan  
McDonnell at

[vegetarian@whitson.com](mailto:vegetarian@whitson.com) Made With Natural Ingredients

Available Daily: Asstd. Pizza, Chicken Patty & Burgers, Bagel w/Cheese Sticks, Chicken Tenders w/ Dinner Roll, Yogurt Parfaits, Hot and cold Asstd. Sandwiches & Entrée Salads

Daily Fruit & Veg: Asstd. Fresh, Cupped & 100% Juices. Carrot Sticks & Tater Tots

Available Milk: 1% White, Fat Free White, Fat Free Chocolate

