

# Lunch Menu

Plainview Middle School

April 2024

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

## Monday

## Tuesday

## Wednesday


## Thursday

## Friday







1 Veggabol BBQ  
Chickpea Rice Bowl   
  
Homemade Mac & Cheese   
Green Beans  
Crispy Potato Puffs  
Applesauce  
Fresh Orange 


2 General Tso's  
Chicken   
Whole Wheat Dinner  
Roll  
Sweet Corn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple

3 Chicken Parmesan  
Over Pasta   
Sweet Potato Fries  
Celery  
Diced Pear Cup  
Fresh NY Local Apple

4 Classic Tex Mex  
Burrito   
Crispy Potato Puffs  
Confetti Kidney Bean  
Salad  
Diced Peaches  
Fresh Pear

5 Mozzarella Sticks   
Marinara Sauce  
Spinach Salad  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple  
**HARVEST** 

8 Veggabol BBQ  
Chickpea Rice Bowl   
  
Grilled Cheese  
Sandwich   
Crispy Potato Puffs  
Green Beans   
Applesauce  
Fresh Orange 

9 Buffalo Chicken  
Tenders   
Whole Wheat Dinner  
Roll  
Sweet Corn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple

10 **SCHOOL  
CLOSED  
TODAY**


11 Breakfast Waffle  
Tower  
Crispy Potato Puffs  
Cinnamon & Honey  
Roasted Beans  
Diced Peaches  
Fresh Pear

12 Cheesy Stuffed  
Bread Sticks   
Marinara Sauce  
Spinach Salad  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple  
**HARVEST** 

15 Veggabol BBQ  
Chickpea Rice Bowl   
  
Homemade Mac & Cheese   
Green Beans  
Crispy Potato Puffs  
Applesauce  
Fresh Orange 

16 Chicken Bowl with  
Gravy  
Whole Wheat Dinner  
Roll  
Sweet Corn  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple

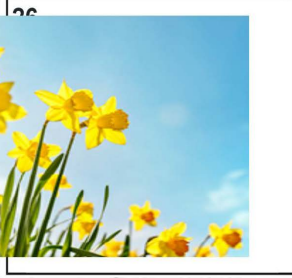
17 Meatball Hero  
Sweet Potato Fries  
Celery  
Diced Pear Cup  
Fresh Orange  
**IT'S STUDENT  
APPRECIATION DAY**

18 Nachos Grande   
Crispy Potato Puffs  
Confetti Kidney Bean  
Salad  
Diced Peaches  
Fresh Pear

19 Mozzarella Sticks   
Marinara Sauce  
Spinach Salad  
Fresh Baby Carrots  
Mixed Fruit  
Fresh NY Local Apple  
**HARVEST** 



22 **SPRING  
BREAK!  
SCHOOL  
CLOSED**



**HARVEST**   
of the month  
**spinach**  


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](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.

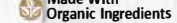
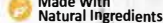
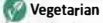
\*\*Menu is subject to change, notice posted when available.

\*\*\*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 \$0.25

GlutenFree/vegetarian options are available  
Please contact Karen Ball for information and ordering



**Offered Daily:**

Asst. pizza, asst. chicken sandwiches, Hamburger/cheeseburger, Turkey Sandwich, Yogurt parfait, asst. salads and bagel.

**Daily Fruit and Vegetable Offerings:**

Apples, Oranges, Apple Juice, Orange Juice, Carrot Sticks, Celery Stick

**Any questions or concerns please contact Karen Ball: [ballk@whitsons.com](mailto:ballk@whitsons.com)**