

Lunch Menu

POB JFK High School

February
2025

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

Monday


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

Tuesday

4 Crispy Tacos
Sour Cream
Salsa
Garden Salad
Applesauce
Fresh Orange

Wednesday

5 Pizza Crunchers 
Sweet Potato Fries
Garden Salad
Diced Peaches
Fresh Pear

Thursday

6 Wing Shack Chicken
Wings
Homemade Lite
Veggie Pasta Salad
Confetti Garbanzo
Bean Salad
Diced Pear Cup
Fresh Orange


Friday

7 Mozzarella Sticks 
Marinara Sauce
Garden Salad
Diced Peaches
Fresh NY Local Apple


10 Veggabol Fiesta Rice and Beans Bowl  


Or Cinnamon French Toast 
Crispy Potato Puffs
Garden Salad
Applesauce
Fresh

11 General Tso Chicken
Noodle Bowl 
Spicy Tomato Salad
Applesauce
Fresh Orange

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

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

14 Mozzarella Sticks 
Marinara Sauce
Sweet Potato Fries
Garden Salad
Diced Peaches
Fresh Orange

17

SCHOOL CLOSED TODAY

18

SCHOOL CLOSED TODAY

19

SCHOOL CLOSED TODAY

20

SCHOOL CLOSED TODAY

21



SCHOOL CLOSED TODAY


24 Veggabol Fiesta Rice and Beans Bowl  


Or Cinnamon French Toast 
Crispy Potato Puffs
Applesauce
Fresh Orange

25 Buffalo Chicken Tenders 
Whole Wheat Dinner Roll
Carrot Sticks
Celery
Diced Peaches
Fresh NY Local Apple

26 Homemade Baked Pasta with Cheese 

Pasta Al Dente
Green Beans
Carrot Sticks
Diced Pear Cup
Fresh Orange
Diced Pear Cup
Applesauce

27 Chicken & Cheese Quesadilla
Cheese Quesadilla 
Sour Cream
Salsa
Steamed Broccoli
Black Beans
Diced Pear Cup
Applesauce

28 Mozzarella Sticks 
Marinara Sauce
Garden Salad
Diced Peaches
Fresh NY Local Apple
Diced Pear Cup
Applesauce

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.



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

Gluten Free/Vegetarian Options
Available

For more information email
General Manager Megan
McDonnell at

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

