

Lunch Menu

POB JFK High School

March
2025

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

Monday

3 Veggabol Lo Mein
Chickpea Noodle Bowl
Homemade Mac & Cheese
Applesauce
Fresh Orange

MEATLESS MONDAY

WHITSONS is proud to partner with **VEGGABOL** to bring you more plant-based menu options. Check out.

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

MEATLESS MONDAY

WHITSONS is proud to partner with **VEGGABOL** to bring you more plant-based menu options. Check out.

17 Veggabol Fiesta Rice and Beans Bowl
Mozzarella Sticks
Crispy Potato Puffs
Garden Salad

MEATLESS MONDAY

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

MEATLESS MONDAY

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Tuesday

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

11 Mission Burrito
Chilled Red Pepper Strips
Applesauce
Fresh Orange

18 Nachos Grande
Salsa
Sour Cream
Confetti Garbanzo
Bean Salad
Garden Salad
Fresh Orange

25 Mac & Cheese with Spicy Beef
Homemade Mac & Cheese
Applesauce
Fresh Pear

Wednesday

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

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

IT'S STUDENT APPRECIATION DAY

19 Roasted Chicken Ramen Bowl
Veggie Express
Ramen
Applesauce

IncrediBOWLS

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

Thursday

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

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

20 Baked Pasta with Homemade Meat Sauce
Buttered Corn
Garden Salad
Applesauce
Fresh Pear

27 Chicken & Cheese Quesadilla
Cheese Quesadilla
Sour Cream
Salsa
Black Beans
Diced Pear Cup
Applesauce
Crispy Potato Puffs

Friday

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

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

21 Pizza Crunchers
Salsa
Fiesta Corn
Fresh Orange
Applesauce

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

31

SCHOOL CLOSED TODAY

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 mcdonnellm@whitson.com

Vegetarian Made With Organic 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

Pork

Smart Choice

Made With Organic Ingredients