

Lunch Menu

POB JFK High School

May
2025

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday


Wednesday

Thursday

Friday

5 Homemade Mac & Cheese  
Crispy Potato Puffs
Garden Salad
Applesauce
Fresh Orange
Diced Pear


6 Mission Burrito  
Chilled Red Pepper Strips
Applesauce
Fresh Orange
Diced Pear Cup

7 Whole Grain Pancakes with Sausage
Sweet Potato Fries
Applesauce
Fresh Orange
Diced Pear Cup


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


9 Mozzarella Sticks 
Marinara Sauce
Sweet Potato Fries
Garden Salad
Fresh Orange
Diced Pear Cup

12 Veggabol Fiesta Rice and Beans Bowl  
Mozzarella Sticks 
Crispy Potato Puffs
Garden Salad
Diced Pear Cup


13 Soft Tacos
Steamed Carrots
Garden Salad
Diced Pear Cup
Applesauce

14 Nachos Grande 
Salsa
Sour Cream
Black Beans
Fresh Orange
Diced Pear Cup


15 Nashville Hot Kickin' Chicken Sandwich 
Fresh Orange
Diced Pear Cup
NASHVILLE


16 Pizza Crunchers 
Roasted Broccoli
Fresh Orange
Applesauce
Diced Pear Cup

19 Homemade Mac & Cheese  
Crispy Potato Puffs
Garden Salad
Applesauce
Fresh Orange
Diced Pear


20 Chicken & Cheese Quesadilla
Cheese Quesadilla 
Sour Cream
Salsa
Black Beans
Applesauce
Fresh Orange
Diced Pear Cup

21 Whole Grain Pancakes with Sausage
Sweet Potato Fries
Applesauce
Fresh Orange
Diced Pear Cup


22 Homemade Baked Pasta with Cheese 
Pasta Al Dente
Green Beans
Carrot Sticks
Fresh NY Local Apple
Applesauce

23 **SCHOOL CLOSED TODAY**

26 

27 Baked Pasta with Homemade Meat Sauce 
Buttered Corn
Garden Salad
Applesauce
Fresh Pear
IT'S STUDENT APPRECIATION DAY

28 Chicken Delight Wrap
Roasted Squash
Garden Salad
Diced Pear Cup
Applesauce
HARVEST of the month squash


29 Nachos Grande 
Salsa
Sour Cream
Black Beans
Garden Salad
Fresh Orange
Diced Pear Cup

30 Mozzarella Sticks 
Marinara Sauce
Roasted Garlic Cauliflower
Garden Salad
Diced Peaches
Fresh NY Local Apple
Diced Pear Cup

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

