

Lunch Menu

Plainview POB Middle School

**May
2025**

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

Monday

Tuesday

Wednesday

Thursday


Friday

5 Veggabol BBQ Chickpea Rice Bowl 

Homemade Mac & Cheese 
Crispy Potato Puffs
Applesauce
Fresh Orange
Diced Pear Cup
 

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

7 Whole Grain Pancakes with Sausage
Sweet Potato Fries
Applesauce
Fresh NY Local Apple


1 General Tso Chicken
Noodle Bowl 
Chili Roasted Garbanzo Beans
Diced Pear Cup
Fresh NY Local Apple



2 Cheesy Stuffed Bread Sticks 
Marinara Sauce
Caesar Salad
Fresh Orange
Sliced Apples

12 Veggabol Lo Mein Chickpea Noodle Bowl 
Mozzarella Sticks 
Crispy Potato Puffs
Applesauce
Fresh Orange
Diced Pear Cup
 

13 Soft Tacos
Steamed Carrots
Garden Salad
Fresh Orange
Sliced Apples

14 Famous Chicken and Pasta 
Glazed Carrots
Diced Peaches
Fresh NY Local Apple
Diced Pear Cup

15 Nachos Grande 
Sour Cream
Fiesta Corn
Black Beans
Fresh NY Local Apple
Diced Pear Cup


16 Pizza Crunchers 
Roasted Broccoli
Caesar Salad
Fresh NY Local Apple
Diced Pear Cup



19 Veggabol Lo Mein Chickpea Noodle Bowl 
Homemade Mac & Cheese 
Crispy Potato Puffs
Applesauce
Fresh Orange
Diced Pear Cup
 

20 Mac & Cheese with Spicy Beef 
Homemade Mac & Cheese 
Fiesta Corn
Sliced Apples
Diced Pear Cup

21 Whole Grain Pancakes with Sausage
Sweet Potato Fries
Applesauce
Fresh NY Local Apple



22 Chicken & Cheese Quesadilla
Or Cheese Quesadilla 
With Salsa
And Sour Cream
Confetti Garbanzo Bean Salad
Fresh Orange


23 

26 

27 Baked Pasta with Homemade Meat Sauce 
Buttered Corn
Fresh Orange


28 Chicken Delight Wrap
Roasted Squash
Garden Salad
Fresh Orange
Sliced Apples


29 Nachos Grande 
Sour Cream
Fiesta Corn
Black Beans
Sliced Apples

30 Mozzarella Sticks 
Marinara Sauce Dip
Caesar Salad
Diced Pear Cup
Sliced Apples

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

 meat@whitsons.com 

Available Daily: Asst. Pizza,

Hamburger/cheeseburger, asst. chicken patty, WG bagel w/yogurt, asst. Yogurt parfaits, asst. sandwiches, asst. salads.

Daily fruit/vegetables: Apples, oranges, pears, bananas and asst. 100% juice

Available milk: 1% white, fat free white, fat free chocolate

