

Lunch Menu

Huntington High School

January
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Mozzarella Stick and
Cheese Stick Combo 
Marinara Sauce Dip
Or Veggabol BBQ Chickpea
Rice Bowl   
Cajun Roasted Broccoli
Celery Sticks
Fresh Banana

MEATLESS
MONDAY

4   

6 Popcorn Chicken
Brown Rice Pilaf
Glazed Carrots
Garden Salad
Fresh Orange

BRUNCH LUNCH


7 Homemade Waffles
fluffy made from scratch Belgian
style waffles  
Egg Patty
Sausage Patty
Or Vegetarian Hummus
Wrap   
Roasted Potatoes
Fresh Baby Carrots
Fresh Grapes
(Chicken Sausage)

HARVEST
of the month
potatoes

8 Burger Bar
choice of burger with a variety of
toppings served on a whole
wheat bun
Oven Baked Fries
Homemade Deli Style
Coleslaw
Fresh Red Delicious Apple
(Beef Burger)

9 Pulled Chicken Barbacoa
seasoned barbacoa chicken 
Yellow Seasoned Rice
Seasoned Black Beans
Fresh Cucumber Salad
Fresh Pear

12 Toasty Garlic Mozzarella
Sandwich with Tomato 
Or Spicy Buffalo Chickpea
Wrap  
Spicy Honey Carrots
Celery Sticks
Fresh Banana

MEATLESS
MONDAY

4   

13 Chicken Gyro
gyro chicken meat served with
lettuce and tomatoes topped
with yogurt sauce 
With Pita Bread
Sweet Potato Fries
Fresh Cucumber Salad
Fresh Pear

HARVEST
of the month
potatoes

14 Steamed Dumplings
stuffed dumplings perfect for
dipping in your favorite
seasoned sauce 
Vegetable Fried Rice
Or Vegetarian Hummus
Wrap   
Garlic Ginger Broccoli
Fresh Baby Carrots
Fresh NY Local Apple
(Chicken Dumpling)

15 Yard Bird Classic Chicken
Sandwich
a delicious chicken filet on a
hearty bun, served with special
sauce and a pickle
Oven Baked Fries
Homemade Deli Style
Coleslaw
Blueberries

YARD BIRD
The Original Deli

16 Honey Chipotle Chicken
Homemade
marinated chicken in a sauce
made with honey and chipotle
peppers in adobo sauce 
Brown Rice Pilaf
Chili Roasted Corn
Seasoned Black Beans
Fresh Orange

4  

19 
MARTIN LUTHER
KING JR. DAY

20 
Regents Exams Bag
Lunch Available

21

22

23

26 Two Cheese Quesadilla 
Or Buffalo Chicken and
Cheese Quesadilla
Or Spicy Buffalo Chickpea
Wrap  
Fiesta Corn
Celery Sticks
Fresh Banana

MEATLESS
MONDAY

4   

27 Popcorn Chicken
Brown Rice Pilaf
Roasted Butternut Squash
Mixed Kale Side Salad
Strawberries

28 Pacific Rim Chicken
baked chicken in a sweet and
sour sauce
Hawaiian Style Rice
Or Vegetarian Hummus
Wrap   
Sautéed Zucchini
Fresh Baby Carrots
Fresh Pear

29 Chicken Parmesan Over
Pasta
oven baked chicken topped with
sauce and melted cheese, all
over pasta 
Roasted Broccoli
Chili Roasted Garbanzo
Beans
Fresh Orange

30 Tot Spot's BBQ Chicken
Tater Tots 
Tot Spot's Buffalo Chicken
Tater Tots 
Dinner Rolls
Green Beans
Grape Tomatoes
Fresh NY Local Apple

4  

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. If you have a food allergy, or
intolerance, please notify us.

***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.



Free Lunch for all
students

Adult \$5.20 Plus Tax All Meals served
with Choice of: 1% White or Fat Free
flavored Milk, Fruit Choice, W.G.
Bread, Protein, Vegetable
Choices,
Condiments and L.F. Dressings

Vegetarian

Made With
Natural Ingredients

Pork

Smart
Choice

Made With
Organic Ingredients

Daily Lunch Offerings - Ciabatta Sams: Pre-made Sandwiches-

Ham(P), Turkey, Chicken, American, Swiss and Mozzarella cheeses and vegetable
toppings on W.G. Breads. Sunbutter & Jelly Sandwich

Real Meals: Yogurt Parfaits- made with Yogurt, Fruit & Granola. Yogurt & Fruit Smoothie

(served w/ 2 Dinner rolls or Pretzel. Assorted Salads served with protein and 2 W.G.

Dinner roll, Vegga Bowls

Ruby's Grill Choices: Grilled Cheese, Chicken Patty or burger on W.W. Bun

Coyote Grill: Nachos, Tacos -- Turkey

Pizza: Cheese, Pepperoni (beef & pork) and Daily Special