

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 Veggabul BBQ Chickpea Rice Bowl
Cajun Roasted Broccoli Celery Sticks
Fresh Banana



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



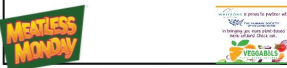
7 Homemade Waffles fluffy made from scratch Belgian style waffles
Egg Patty
Sausage Patty
Or Vegetarian Hummus Wrap
Roasted Potatoes
Fresh Baby Carrots
Fresh Grapes
(Chicken Sausage)



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



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



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



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



20

21

22

23

Regents Exams Bag Lunch Available

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



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
Sauteed 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



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.

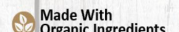
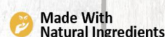
**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

***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



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, Veggie 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