Lunch Menu

Woodhull Intermediate (4-5)

November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Sandwich Meltdown Café Grilled Chicken Panini Mixed Vegetables Broccoli Salad Fresh Strawberries Fresh Green Grapes MEATLESS MONDAY	SCHOOL CLOSED TODAY	4 Nachos Grande Nachos with Cheese Turkey Taco Meat Fiesta Corn Sauteed Corn & Black Bean Salsa Yellow Rice Fresh Pear Fresh Orange	5 Crispy Popcorn Chicken Whole Wheat Dinner Roll Garlic Green Beans Fresh Cucumber Salad Fresh Banana Fresh NY Local Apple	6 Cheeseburger NY Beef Burger with Bacon & Cheese Beef Burger Oven Baked Fries Sauteed Cinnamon Apple Slices Fresh Blueberries Turkey Bacon
9 Cheese Quesadilla Chicken & Cheese Quesadilla Sweet Potato Fries Simply Black Beans Fresh Pear Fresh Orange MEATLESS MONDAY TRY THIS TODAY!	10 French Toast Egg and Cheese Sandwich Sweet Potato Fries Celery Fresh Banana Apple Slices Syrup BRUNCH FOR LUNCH TODAY!	IT'S VETERANS DAY	HALF DAY BAGGED LUNCH Bagel with String Cheese Meal Carrot Sticks Apple slices	13 Chicken and Waffles Sauteed Spinach Sweet Corn Fresh Green Grapes Fresh Orange Syrup
16 Mozzarella Sticks Marinara Sauce Dip Roasted Parmesan Butternut Squash Crispy Potato Puffs Sliced Oranges Fresh Banana MEATLESS MONDAY IT'S STUDENT APPRECIATION DAY	17 Homemade Chicken & Broccoli Alfredo Steamed Broccoli Lemon Marinated Carrots Fresh NY Local Apple Fresh Pear NEW	18 NY Beef Burger Cheeseburger Oven Baked Fries Spinach Salad Baked Beans Fresh Strawberries Fresh Orange Beef Burger	19 General Tso's Chicken Vegetable Fried Rice Garlic Ginger Broccoli and Green Beans Fresh Green Grapes Fresh NY Local Apple Student Favorite	20 French Toast Sausage Patty Crispy Potato Puffs Sauteed Zucchini Fresh Banana Fresh Strawberries Syrup LUCKY TRAY BRUNCH FOR LUNCH TODAY!
23 Pizza Bagel Cheesy Stuffed Bread Sticks Marinara Sauce Dip All With Green Beans Veggie Dippers Apple Slices Fresh Banana MEATLESS MONDAY NEW	24 Baked Chicken Tenders Mashed Potatoes Green Beans Whole Grain Biscuit Fresh Orange Holiday Meal Feast	SCHOOL CLOSED TODAY	THANKSGIVING DAY	SCHOOL CLOSED TODAY
30 Homemade Mac & Cheese Roasted Kale Mixed Vegetables Apple Slices Fresh Orange HARVEST MEATLESS MONDAY Kale Chips	FREE Lunch	FREE Breakfast	HARVEST of the month kale	BRUNCH FOR LUNCH a student favorite

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.

Free Lunch for all students

SMART SNACKS AVAILABLE FOR PURCHASE

Available Daily

Chicken Caesar Salad w/dinner rolls, Bagel w/ 2 String Cheese, Yogurt w/cheese sandwich, Sunbutter & Jelly Sandwiches, Pepperoni (P) Pizza, Pack . Cheese Pizza & Pepperoni Pizza

Daily Special

MILK- 1% WHITE, FF CHOCOLATE, 100% JUICE

Items with a P contain pork. We serve Whole Grain Rich Products

ALL MEALS SERVED WITH DAILY FRESH FRUITS (PEARS, APPLES, ORANGES) FRESH VEGETABLES STICKS, CONDIMENTS AND DRESSING

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients

***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.