

Wallkill HS

2/1/2024 - 2/2/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



1 Two Cheese Quesadilla
grilled cheese quesadilla
Mild Salsa
Sour Cream
Steamed Broccoli
Fresh Grapes

2 Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle
Carrot Sticks
Crispy Potato Puffs
Fresh Apple



Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% Chilled Milk



For Menu Questions
please contact
Marilyn Digregorio @

digregoriom@
whitsons.com



French Bread Pizza
crispy French bread
smothered with tomato
sauce and melted
cheese

French Bread Pizza
crispy French bread
smothered with tomato
sauce and melted
cheese

NEW

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough

Spicy Chicken Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Offering New Specials **EVERY WEEK!**

To see our menus, visit us at: www.fdmealplanner.com

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Boar's Head

Deli Bar BLT Wrap
freshly made wrap filled
with crispy bacon,
lettuce, tomato and
cheese

Deli Bar BLT Wrap
freshly made wrap filled
with crispy bacon,
lettuce, tomato and
cheese

Available Daily: Made to Order and ALWAYS Fresh!



Classic Greek Salad
romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions
Fruity Granola
Parfait

Classic Greek Salad
romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions
Fruity Granola
Parfait

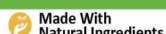
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

2/5/2024 - 2/9/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



5 Cinnamon French Toast
slices of French toast baked to perfection 🌱
Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Fresh Strawberries



6 Sabroso Tropical Chicken Taco
fajita-style chicken in whole corn taco shells topped with mango black bean salsa 🌱
Refried Beans
Fiesta Corn
Iceberg Lettuce
Mild Salsa
Fresh Pear

7 Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house
Brown Rice
Pickle Chips
Homemade Carrot & Raisin Slaw
Steamed Carrots
Fresh Apple



8 Nashville Hot Kickin' Chicken Sandwich
freshly prepared chicken drizzled with hot sauce, topped with coleslaw and pickled chips 🌱
Black Beans
Oven Baked Fries
Fresh Orange

9 Grilled Chicken Teriyaki Sandwich
grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 🌱
Mashed Potatoes
Steamed Carrots
Fresh Apple

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Broccoli Pizza
freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🌱

Onion Pizza
freshly prepared in-house cheese pizza topped with sliced onions 🌱

Broccoli Pizza
freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🌱

Onion Pizza
freshly prepared in-house cheese pizza topped with sliced onions 🌱

Broccoli Pizza
freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🌱

Offering New Specials **EVERY WEEK!**

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Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱
Tomato Soup

Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱
Tomato Soup

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golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱
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golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱
Tomato Soup

Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🌱

Deli Bar Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🌱

Deli Bar Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🌱

Deli Bar Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🌱

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken

Boar's Head

Available Daily: Made to Order and ALWAYS Fresh!



Grilled Chicken Salad with Dinner Rolls
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers 🌱
Fruity Granola Parfait 🌱

Grilled Chicken Salad with Dinner Rolls
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers 🌱
Fruity Granola Parfait 🌱

Grilled Chicken Salad with Dinner Rolls
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers 🌱
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Fruity Granola Parfait 🌱



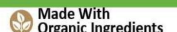
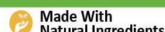
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls



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Wallkill HS

Welcome to our
Lunch Cafe

2/12/2024 - 2/16/2024

Monday

Tuesday

Wednesday

Thursday

Friday



12 Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken 🍷
Steamed Peas
Whole Wheat Dinner Roll
Applesauce

13 Crunch Wrap Taco
fiesta-style meat with melted cheese arranged in a hard taco shell surrounded by a tortilla 🍷
Yellow Rice
Seasoned Black Beans
Tomato Salad
Fresh Apple

14 Chicken Parmesan Over Pasta
oven baked chicken topped with sauce and melted cheese, all over pasta 🍷
Whole Wheat Dinner Roll
Side Garden Salad
Steamed Carrots
Fresh Pear

15 Wing Shack BBQ Style Chicken Wings
BBQ Chicken Wings
Wing Shack Classic Buffalo Chicken Wings
Oven Baked Fries
Celery
Watermelon Slices



16 Chicken & Cheese Bowl
popcorn chicken layered with mashed potatoes and corn, covered in cheese
Sautéed Spinach
seasoned spinach sautéed in oil
Fresh Orange

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2%



Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍷

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍷

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fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍷

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fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍷

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍷

Offering New Specials **EVERY WEEK!**

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Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Honey Mustard Chicken Wrap
freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🍷

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freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🍷

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Honey Mustard Chicken Wrap
freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🍷

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar
American Combo Sandwich P

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
American Combo Sandwich P

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
American Combo Sandwich P

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an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
American Combo Sandwich P

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
American Combo Sandwich P

Boar's Head

Available Daily: Made to Order and ALWAYS Fresh!



Romaine & Chickpea Salad with 2 Dinner Rolls
chopped romaine lettuce topped with chickpeas 🍷

Romaine & Chickpea Salad with 2 Dinner Rolls
chopped romaine lettuce topped with chickpeas 🍷

Romaine & Chickpea Salad with 2 Dinner Rolls
chopped romaine lettuce topped with chickpeas 🍷

Romaine & Chickpea Salad with 2 Dinner Rolls
chopped romaine lettuce topped with chickpeas 🍷

Romaine & Chickpea Salad with 2 Dinner Rolls
chopped romaine lettuce topped with chickpeas 🍷

Fruity Granola Parfait 🍷

Fruity Granola Parfait 🍷

Fruity Granola Parfait 🍷

Fruity Granola Parfait 🍷

Fruity Granola Parfait 🍷



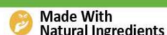
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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WHITSON'S
School Nutrition

Wallkill HS

2/19/2024 - 2/23/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



19 Homemade Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection 🌱 🍴
Side Garden Salad
Roasted Squash
Applesauce

20 Walking Taco
mexi-style taco meat paired with crispy chips
Iceberg Lettuce
Sour Cream
Mild Salsa
Steamed Carrots
Fresh Orange

21 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Vegetable Rice Pilaf
Green Beans
Whole Wheat Dinner Roll
Fresh Blueberries

22 Spicy Chicken Melt
moist spicy chicken topped with melted cheese inside a warm bread
Iceberg Lettuce
Sliced Tomatoes
Spicy Four Bean Salad
Fresh Apple

23 Fluffy Whole Grain Waffles
warm whole grain waffles 🌱
Fresh Blueberries
Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Fresh Orange

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Macho Taco Pizza
homemade fiesta style
taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍴

Macho Taco Pizza
homemade fiesta style
taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍴

Macho Taco Pizza
homemade fiesta style
taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍴

Macho Taco Pizza
homemade fiesta style
taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍴

Macho Taco Pizza
homemade fiesta style
taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍴

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
Tomato Sauce

Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
Tomato Sauce

Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
Tomato Sauce

Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
Tomato Sauce

Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
Tomato Sauce

Offering New Specials **EVERY WEEK!**

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Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar
Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla P 🍴

Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla P 🍴

Deli Bar
Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla P 🍴

Deli Bar
Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla P 🍴

Deli Bar
Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla P 🍴

Boar's Head

Available Daily: Made to Order and ALWAYS Fresh!



Garden Salad Entree
fresh garden salad topped with meat 🍴
Dinner Rolls
Fruity Granola
Parfait 🌱 🍴 🍴

Garden Salad Entree
fresh garden salad topped with meat 🍴
Dinner Rolls
Fruity Granola
Parfait 🌱 🍴 🍴

Garden Salad Entree
fresh garden salad topped with meat 🍴
Fruity Granola
Parfait 🌱 🍴 🍴

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fresh garden salad topped with meat 🍴
Fruity Granola
Parfait 🌱 🍴 🍴

Garden Salad Entree
fresh garden salad topped with meat 🍴
Fruity Granola
Parfait 🌱 🍴 🍴



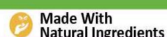
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Wallkill HS

2/26/2024 - 2/29/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



26 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱
Tomato Sauce
Sauteed Zucchini
Spiced Roasted Green Beans w/ Parmesan
Applesauce



27 Tot Spot's BBQ Chicken Tater Tots
crispy tater tots topped with BBQ chicken and scallion garnish 🌱
Sweet Corn
Refried Beans
Iceberg Lettuce
Mild Salsa
Fresh Green Grapes

28 Herb Roasted Chicken
Vegetable Rice Pilaf
Fresh Cucumber Salad
Steamed Carrots
Fresh Blueberries

29 Homemade Pasta & Broccoli with Garlic & Oil
al dente pasta with broccoli sauteed in garlic and olive oil 🌱
Chickpeas 🌱
Roasted Squash
Fresh Orange

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Spinach Pizza
fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🌱

Pizza with Black Olives 🌱

Spinach Pizza
fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🌱

Pizza with Black Olives 🌱

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



General Tso's Chicken Wrap
grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce 🌱

General Tso's Chicken Wrap
grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce 🌱

General Tso's Chicken Wrap
grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce 🌱

General Tso's Chicken Wrap
grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce 🌱

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato 🌱

Deli Bar Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato 🌱

Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato 🌱

Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato 🌱

Offering New Specials EVERY WEEK!
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Boar's Head

Available Daily: Made to Order and ALWAYS Fresh!



Eastern Chicken Salad
chicken breast, mandarin oranges and scallions over a bed of mixed greens with an orange dressing 🌱

Eastern Chicken Salad
chicken breast, mandarin oranges and scallions over a bed of mixed greens with an orange dressing 🌱

Eastern Chicken Salad
chicken breast, mandarin oranges and scallions over a bed of mixed greens with an orange dressing 🌱

Eastern Chicken Salad
chicken breast, mandarin oranges and scallions over a bed of mixed greens with an orange dressing 🌱



And Dinner Rolls
Fruity Granola Parfait 🌱

Dinner Rolls
Fruity Granola Parfait 🌱

Dinner Rolls
Fruity Granola Parfait 🌱

Dinner Rolls
Fruity Granola Parfait
Low fat vanilla yogurt layered with fruit and

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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