

Lunch Menu

Huntington Jack Abrams STEM

January 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

BELL DAY

IF YOU ARE AT THE REGISTER WHEN BELL/TIMER GOES OFF YOU WIN A POP BRACLET 1/22

(Seasoned Turkey Meat)

1



2 EMPLOYMENT OPPORTUNITIES AVAILABLE IN SCHOOL KITCHENS. EARN WHILE YOUR CHILD LEARNS. CALL (631) 673-2107 FOR INFORMATION

5 Cheesy Stuffed Bread Sticks
With Marinara Sauce Dip
Or Crispy Popcorn Chicken
French Bread
Sweet Potato Fries
Confetti Kidney Bean Salad
Fresh Banana



6 Cheeseburger
Or NY Beef Burger
Apple Not A Nut Butter Wrap
Oven Baked Fries
Celery Sticks
Apple Slices



7 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Or Hummus and Pretzel
a soft organic whole wheat pretzel with hummus
Buttered Corn
Seasoned Black Beans
Fresh Pear

8 Baked Chicken Tenders
Brown Rice
Or Strawberry Smoothie
Pretzel
Light Mozzarella Cheese Stick
Roasted Broccoli
Fresh Baby Carrots
Fresh Orange

9 Honeyfire Kitchen Chicken Sandwich
freshly prepared chicken drizzled with honey fire sauce
Or Honey Mustard Chicken Wrap
Glazed Carrots
Roasted Kale
kale seasoned and roasted until crisp
Apple Slices

12 Mozzarella Sticks
With Marinara Sauce Dip
Or Crispy Popcorn Chicken
With French Bread
Buttered Corn
Mixed Kale Side Salad
Fresh Banana



13 Cinnamon French Toast
slices of French toast baked to perfection
Or Apple Not A Nut Butter Wrap
Roasted Potatoes
Cucumber Coins
Blueberries
Syrup
(French Toast Sticks)



14 Macaroni and Cheese
creamy dish consisting of macaroni pasta mixed with cheese
With French Bread
Or Hummus and Pretzel
Roasted Broccoli
Fresh Baby Carrots
Apple Slices



15 Crispy Popcorn Chicken
With Yellow Rice
Or Fruity Granola Parfait
Sauteed Zucchini
Celery Sticks
Fresh Orange

16 Spicy Chicken Sandwich
Or Honey Mustard Chicken Wrap
Sweet Potato Fries
Cinnamon & Honey
Roasted Beans
Fresh Pear



19 Turkey Hot Dog on Bun
Or Apple Not A Nut Butter Wrap
A soft tortilla filled with creamy sunflower butter and diced apples
Oven Baked Fries
Baked Beans
Apple Slices
Sugar Cookie



21 Dutch Waffles
warm dutch waffles
With Sausage Patty
Or Hummus and Pretzel
Sweet Potato Fries
Celery Sticks
Fresh Pear
Syrup
(Chicken Sausage)

22 Homemade Pasta & Meatballs
Or Fruity Granola Parfait
Steamed Broccoli
Fresh Baby Carrots
Strawberries
(Beef Meatballs)

BELL DAY 1/22

23 Tot Spot's Buffalo Chicken
Tater Tots
With Dinner Rolls
Or Honey Mustard Chicken Wrap
Spicy Honey Carrots
Cucumber Coins
Fresh Orange

26 Grilled Cheese Sandwich
Meltdown Café
Or Crispy Popcorn Chicken
With Whole Grain Biscuit
Glazed Carrots
Celery Sticks
Fresh Banana



27 Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell
Or Apple Not A Nut Butter Wrap
Fiesta Corn
Confetti Black Bean Salad
Apple Slices
(TURKEY TACO MEAT)

28 Chicken Nuggets
With Brown Rice
Or Hummus and Pretzel
Crispy Potato Puffs
Fresh Baby Carrots
Fresh Pear



29 Mozzarella Sticks
With Marinara Sauce Dip
Or Chunky Monkey Smoothie
Light Mozzarella Cheese Stick
Pretzel
Roasted Butternut Squash
with Brown Sugar & Honey
Cucumber Coins
Fresh Orange

30 Chicken & Cheese Bowl
popcorn chicken layered with mashed potatoes and corn, covered in cheese
With French Bread
Or Honey Mustard Chicken Wrap
Cajun Roasted Broccoli
Green Pepper Slices
Apple Slices



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.

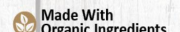
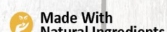
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Free Lunch for all students

SMART SNACKS
AVAILABLE FOR
PURCHASE

ADULT LUNCH \$5.20
PLUS TAX



Available Daily

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

Cheese and Pepperoni (P) Pizza

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 L.F.DRESSING

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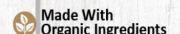
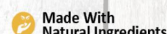
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