

Lunch Menu

Syosset High School

March
2025

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

3 Cinnamon French Toast
** Sausage Patty
Crispy Potato Puffs
Roasted Lemon
Parmesan Broccoli
Fresh Orange

Food Bar of the day:
***Burger Bar

Tuesday

4 Buffalo Chicken
Tenders
Whole Wheat Dinner
Roll
Sweet Potato Fries
Cucumber Coins
Fresh Pear

Food Bar of the day:
Pasta Bar with asst. sauces

Wednesday

5 * Nachos Grande
tortilla chips topped with
freshly prepared mexi style
meat and cheese
Black Beans
Salsa
Carrot Sticks
Fresh Banana

Food Bar of the day:
Breakfast Bar

Thursday

6 Homemade Mac &
Cheese
Or Mac & Cheese with
** Spicy Beef
Garden Salad
Confetti Garbanzo Bean
Salad
Fresh Orange

Guest Chef today:
Waffle Bar

Friday

7 Homemade Buffalo
Chicken Stromboli
Or Cheesy Stuffed Bread
Sticks
With Tomato Sauce
Mixed Kale Side Salad
Fresh Apple

Food Bar of the day:
Ramen Bar

10 Chicken and Waffles
Or Mozzarella Sticks
With Tomato Sauce
Crispy Potato Puffs
Celery
Fresh Orange

Food Bar of the day:
***Burger Bar

11 Crispy Chicken
Drumsticks
With Whole Wheat
Dinner Roll
Sweet Potato Fries
Steamed Broccoli
Fresh Pear

Food Bar of the day:
Pasta Bar with asst. sauces

12 Vegetable Tofu Lo Mein
Or Chicken Lo Mein
Confetti Garbanzo Bean
Salad
Carrot Sticks
Fresh Banana

Food Bar of the day:
Breakfast Bar

13 *** Meatballs
Or Homemade Pasta &
Broccoli with Garlic &
Oil
Green Beans
Cherry Tomatoes
Fresh Apple

Food Bar of the day:
*Nacho Bar

14 Homemade Chicken &
Cheese Stromboli
Or Mozzarella Sticks
With Tomato Sauce
Sauteed Zucchini
Caesar Salad
Fresh Apple

Food Bar of the day:
Baked Potato Bar

17 Grilled Cheese
Sandwich Meltdown
Café
Tomato Soup
Crispy Potato Puffs
Roasted Lemon
Parmesan Broccoli
Fresh Orange

Food Bar of the day:
***Burger Bar

18 Yard Bird Classic
Chicken Sandwich
a delicious chicken filet on a
hearty bun, served with
special sauce and a pickle
Sweet Potato Fries
Celery
Fresh Pear

Food Bar of the day:
Pasta Bar with asst. sauces

19 * Nachos Grande
Sauteed Corn & Black
Bean Salsa
Confetti Kidney Bean
Salad
Carrot Sticks
Fresh Banana

Food Bar of the day:
Breakfast Bar

20 Homemade Mac &
Cheese
Or Mac & Cheese with
Spicy Beef
Sauteed Spinach
Cherry Tomatoes
Fresh Grapes

Food Bar of the day:
*Nacho Bar

21 Homemade Buffalo
Chicken Stromboli
Or Cheesy Stuffed Bread
Sticks
With Tomato Sauce
Cucumber Coins
Side Salad
Fresh Apple

Food Bar of the day:
Ramen Bar

24 Pizza Crunchers
With Tomato Sauce
Crispy Potato Puffs
Roasted Lemon
Parmesan Broccoli
Fresh Apple

Food Bar of the day:
***Burger Bar

25 Baked Chicken Tenders
With Orange Sauce
And Brown Rice
Roasted Butternut
Squash
Celery
Fresh Pear

Food Bar of the day:
Pasta Bar with asst. sauces

26 Cinnamon French Toast
With Syrup
** And Sausage Patty
Hash Brown Potatoes
Steamed Broccoli
Carrot Sticks
Fresh Banana

Food Bar of the day:
Guys Fries

27 Veggie Express Ramen
Or Roasted Chicken
Ramen Bowl
Garden Salad
Confetti Garbanzo Bean
Salad
Fresh Orange

Food Bar of the day:
*Nacho Bar

28 Homemade Buffalo
Chicken Stromboli
Or Mozzarella Sticks
With Marinara Sauce
Sauteed Spinach
Cherry Tomatoes
Fresh Apple

Food Bar of the day:
Breakfast Bar

31
**SCHOOL
CLOSED
TODAY**

Halal & Kosher Pre-Order

Syosset Halal & Kosher Pre-Order



NYSED is allowing school districts to serve non-congregate meals to students fasting during Ramadan. This enables students to purchase or receive breakfast and lunch meals to consume after daylight hours. Please email foodservice@syossetschools.org if you are interested in participating in this program.

* Turkey, ** Chicken, *** Beef, **** Beef/Pork



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.

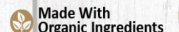
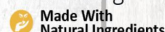
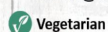
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MEAL PRICE:

Paid Student: \$3.15
Free/Reduced: \$0.00
Adult \$5.05+tax
Milk: Student-\$0.75
Adult \$0.75+Tax
General Manager
Karen Ball

kball@syossetschools.org



Daily Lunch Offerings: Asst. Made to order Deli Bar; asst cold cuts, asst chicken, tuna salad, egg salad. **Grab & Go Salads:** chicken, chef, tofu. Asst. Fresh made pizza. **Grab & Go hot sandwiches:** Asst. Burgers, asst. chicken, grilled cheese, asst. quesadillas. Yogurt parfaits. **Vegetarian options available daily:** Veggie burgers and chicken nuggets. All served on/with WG rolls/bread. **Daily fruits & veggies:** Apples, oranges, pears, & bananas, carrot sticks, celery sticks & side salads. All meals served with: 1% white, fat free white, FF chocolate (all antibiotic and hormone free)