

Lunch Menu

Syosset Middle School

March
2025

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

Monday

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

Tuesday

4 Chicken Tenders
breaded chicken tenders
Whole Wheat Dinner
Roll
With BBQ Sauce
Or Honey Mustard
Dressing
Sweet Potato Fries
Cucumber Coins
Celery
Fresh Pear

Wednesday

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

Thursday

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

Friday

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

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

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

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

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

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

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

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

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

20 Homemade Mac &
Cheese
Or Mac & Cheese with
*** Spicy Beef
Whole Wheat Dinner
Roll
Sauteed Spinach
Cherry Tomatoes
Fresh Grapes

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

24 Pizza Crunchers
bite size pizza pockets
With Marinara Sauce
Crispy Potato Puffs
Roasted Lemon
Parmesan Broccoli
Fresh Apple

25 Chicken Tenders
With Orange Sauce
And Whole Wheat
Dinner Roll
Roasted Butternut
Squash
Celery
Fresh Pear

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

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

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

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.

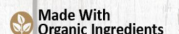
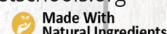
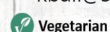
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



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: Grab & Go sandwiches: turkey, ham, buffalo chicken. Grab & Go Salads: chicken, chef, tofu. Asst. Fresh made pizza. Grab & Go hot sandwiches: Asst. Beef Burgers, asst. chicken, grilled cheese, asst. quesadillas. Yogurt parfaits. All served on/with WG rolls/bread. Vegetarian options available daily: Burgers and chicken nuggets 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)