

Fox Lane High School

3/1/2024 - 3/1/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



First Breakfast and Lunch are FREE for all Fox Lane High School Students!!!

!!!El primer desayuno y almuerzo son GRATIS para todos los estudiantes de Fox Lane High School!!!

Nacho Bar
crispy nacho chips
topped with your choice
of toppings



BBQ Chicken Pizza
fresh pizza dough topped
with BBQ sauce,
mozzarella, cheddar,
chicken strips, red onion
and cilantro 🌱

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Chicken Ranch Wrap
tender chicken tossed in
buttermilk ranch dressing
with lettuce and tomatoes
in a wrap 🌱

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along



Veggie Burger 🌱

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken

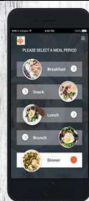


Simply Boxed Vegan
Hummus Pack
freshly prepared grab
and go meal featuring
hummus, crispy whole
grain pita chips,
sunflower seeds and
sliced vegetables 🌱

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



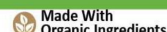
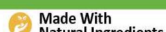
Baked Plantains
Maduros
Cherry Tomatoes
Diced Pear Cup
Watermelon Slices



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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WHITSON'S
School Nutrition

Fox Lane High School

3/4/2024 - 3/8/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Incredibowls General Tso's Chicken
General Tso's seasoned chicken with brown rice, broccoli, and scallions



Chicken and Waffles
crispy chicken placed on top of fluffy waffles

Ruby's Chicken Cordon Bleu
handcrafted sandwich with moist chicken breast, thinly sliced ham, cheese, and crisp lettuce between a soft bun



Eggplant Parm Hero
breaded eggplant with sauce and melted mozzarella on a club roll



Nacho Bar
crispy nacho chips topped with your choice of toppings



Pizza Bagel
Homemade Melted Cheese and tomato sauce on top of a whole grain bagel



Homemade Ham, Pepperoni and Cheese Stromboli
ham, pepperoni and melted cheese wrapped in a pizza dough



White Pizza
freshly made pizza dough brushed with garlic and oil, topped with mozzarella, baked to perfection



Homemade three Cheese Calzone
calzone stuffed with three delicious melted cheeses
Homemade Buffalo Chicken Calzone



BBQ Chicken Pizza
fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro



Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Turkey BLT Wrap
sliced turkey, bacon, lettuce, and tomato on a wrap



American Combo Sandwich
freshly made sandwich with thinly sliced turkey, ham and cheese



Buffalo Chicken Wrap
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato



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



Chicken Ranch Wrap
tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap



Available Daily: Boars Head cold cuts, chicken, cheeses and whole grain rich rolls and wraps and assorted toppings



Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce



Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce

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

Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce



Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Simply Boxed Pepperoni Pizza Pack
freshly prepared meal with cheese and pepperoni, tomato sauce, bread slices and vegetable sticks



Fruity Granola Parfait
Low fat vanilla yogurt layered with fruit and granola



Simply Boxed Pepperoni and Cheese Protein Pack



Chilled Fruit over Field Greens
assorted fruit over romaine lettuce served with cheese and bread



Simply Boxed Vegan Hummus Pack
freshly prepared grab and go meal featuring hummus, crispy whole grain pita chips, sunflower seeds and sliced vegetables



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



Roasted Broccoli Mixed Kale Side Salad
Pineapple Organic Applesauce

Sweet Potato Fries
crispy sweet potato fries baked to perfection
Cinnamon & Honey Roasted Beans
Fresh Orange
Fresh Pear

Sauteed Bok Choy
Black Bean and Pepper Salad
Applesauce
Watermelon Slices

Spiced Roasted Green Beans w/ Parmesan
Cherry Tomatoes
Diced Peach Cup
Fresh NY Local Apple

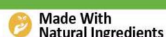
Fiesta Corn
Black Beans
Pineapple Cup
Mango Cup



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Fox Lane High School

3/11/2024 - 3/15/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



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

Pasta with Meat
Sauce
*freshly cooked pasta with
meat sauce* 🍷

Chicken & Cheese
Quesadilla
*hand crafted grilled flour
tortilla filled with juicy
chicken and melty
cheese
Or Cheese
Quesadilla* ✓
With Salsa
And Sour Cream

Chicken Pot Pie Mac
& Cheese
*pasta in cheese sauce,
topped with chicken and
garnished with parsley
and breadcrumbs* 🍷
Dinner Rolls
PI DAY

Nacho Bar
*crispy nacho chips
topped with your choice
of toppings*
**Corned Beef
&
Cabbage**



Pizza Bagel
Homemade
*Melted Cheese and
tomato sauce on top of a
whole grain bagel* ✓

Homemade Ham,
Pepperoni and
Cheese Stromboli
*homemade ham, pepperoni and
melted cheese wrapped
in a pizza dough* P 🍷

White Pizza
*freshly made pizza
dough brushed with
garlic and oil, topped with
mozzarella, baked to
perfection* ✓ 🍷

Homemade three
Cheese Calzone
*calzone stuffed with three
delicious melted
cheeses* ✓ 🍷
Homemade Buffalo
Chicken Calzone 🍷

Personal Pan
Cheese Pizza
*fresh pizza dough topped
with sauce and
mozzarella cheese* ✓

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Turkey BLT Wrap
*sliced turkey, bacon,
lettuce, and tomato on a
wrap* P 🍷

American Combo
Sandwich
*freshly made sandwich
with thinly sliced turkey,
ham and cheese* P

Buffalo Chicken
Wrap
*warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato* 🍷

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

Chicken Ranch Wrap
*tender chicken tossed in
butter milk ranch dressing
with lettuce and tomatoes
in a wrap* 🍷

Available Daily: Boars Head cold cuts, cheeses and whole grain rich rolls and wraps with assorted toppings



Mozzarella Sticks
*crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce* ✓

Baked Chicken
Tenders
*crispy chicken tenders
perfect for dipping in your
favorite sauce*

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

Baked Chicken
Tenders
*crispy chicken tenders
perfect for dipping in your
favorite sauce*

Veggie Burger ✓

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Simply Boxed
Pepperoni Pizza Pack
*freshly prepared meal
with cheese and
pepperoni, tomato sauce,
bread slices and
vegetable sticks* P 🍷

Fruity Granola Parfait
*Low fat vanilla yogurt
layered with fruit and
granola* ✓ 🍷

Simply Boxed
Pepperoni and
Cheese Protein Pack
P 🍷

Simply Boxed
Belgian Waffle Bites
*freshly prepared grab
and go meal featuring
creamy yogurt, whole
grain Belgian waffle
bites, sunflower protein
and fruit* ✓ 🍷

Simply Boxed Vegan
Hummus Pack
*freshly prepared grab
and go meal featuring
hummus, crispy whole
grain pita chips,
sunflower seeds and
sliced vegetables* ✓

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



Sauteed Onions &
Peppers
Spinach Salad
Fresh Pear
Fresh Melon Cup

Sauteed Zucchini
Caesar Salad
Diced Peach Cup
Mango Slices

Baked Plantains
Maduros
Confetti Black Bean
Salad
Fresh Orange
Pineapple

Steamed Peas
Baby Carrots
Fresh Banana
Fresh Apple

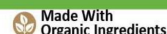
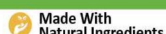
Roasted Potatoes
*made in house sliced
potatoes roasted in the
oven with oil and spices.*
Chilled Red Pepper
Strips
Applesauce
Fresh Melon Cup



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WHITSON'S
School Nutrition

Fox Lane High School

3/18/2024 - 3/22/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



California Sushi Roll
crab, cucumbers and
avocado, wrapped in a
sushi rice roll 🌱 🍷

Buffalo Chicken
Panini
buffalo chicken with
lettuce and tomato on a
panini 🍷

Incredibowls Fiesta
Chicken & Rice Bowl
seasoned rice topped
with beans, chicken, corn
and cheese 🍷 🌱

Homemade Mac &
Cheese
pasta in cheese sauce,
garnished with parsley
🌱 🍷
Or Buffalo Chicken
Mac & Cheese
pasta in cheese sauce,
topped with buffalo style
chicken 🍷

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese



Pizza Bagel
Homemade
Melted Cheese and
tomato sauce on top of a
whole grain bagel 🌱 🍷

Homemade Ham,
Pepperoni and
Cheese Stromboli
ham, pepperoni and
melted cheese wrapped
in a pizza dough P 🍷
Homemade Chicken
& Cheese Stromboli
🍷

White Pizza
freshly made pizza
dough brushed with
garlic and oil, topped with
mozzarella, baked to
perfection 🌱 🍷

Homemade three
Cheese Calzone
calzone stuffed with three
delicious melted
cheeses 🌱 🍷
Homemade Buffalo
Chicken Calzone 🍷

Personal Pan
Cheese Pizza
fresh pizza dough topped
with sauce and
mozzarella cheese 🌱 🍷

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Turkey BLT Wrap
sliced turkey, bacon,
lettuce, and tomato on a
wrap P 🍷

American Combo
Sandwich
freshly made sandwich
with thinly sliced turkey,
ham and cheese P

Buffalo Chicken
Wrap
warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato 🍷

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

Chicken Ranch Wrap
tender chicken tossed in
buttermilk ranch dressing
with lettuce and tomatoes
in a wrap 🍷

Available Daily: Boars Head cold cuts, cheeses and whole grain rich rolls and wraps with assorted toppings



Mozzarella Sticks
crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce 🌱

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce

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

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce

Veggie Burger 🌱

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Simply Boxed
Pepperoni Pizza Pack
freshly prepared meal
with cheese and
pepperoni, tomato sauce,
bread slices and
vegetable sticks P 🍷

Fruity Granola Parfait
Low fat vanilla yogurt
layered with fruit and
granola 🌱 🍷 🌱

Simply Boxed
Pepperoni and
Cheese Protein Pack
P 🍷

Simply Boxed
Belgian Waffle Bites
freshly prepared grab
and go meal featuring
creamy yogurt, whole
grain Belgian waffle
bites, sunflower protein
and fruit 🌱 🍷 🌱

Simply Boxed Vegan
Hummus Pack
freshly prepared grab
and go meal featuring
hummus, crispy whole
grain pita chips,
sunflower seeds and
sliced vegetables 🌱

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



Edamame
Baby Carrots
Sliced Oranges
Sliced Peaches

Oven Baked Fries
crispy fries baked to
perfection
Garden Salad
Diced Pear Cup
Apple Cobbler Side

Salsa
Refried Beans
Spicy Tomato Salad
Mango Cup
Pineapple

Steamed Broccoli
Cherry Tomatoes
Applesauce
Watermelon Slices

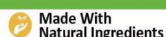
Fiesta Corn
Sriracha Garbanzo
Beans
Pineapple
Mango Cup



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Fox Lane High School

3/25/2024 - 3/29/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Waffles
fluffy made from scratch
Belgian style waffles

Bacon Topping
Strawberries
Fresh Blueberries
**International
Waffle Day**

Balsamic Grilled
Chicken Panini
marinated chicken breast
and mozzarella cheese
with a balsamic glaze on
a panini

Sausage & Peppers
sweet Italian sausage
with sauteed red & green
peppers and
onions in our homemade
tomato sauce
Brown Rice Pilaf

The Works Hot Dog
hot dog on a bun with
mustard, sauerkraut,
jalapenos, onions and
relish



Pizza Bagel
Homemade
Melted Cheese and
tomato sauce on top of a
whole grain bagel

Homemade Ham,
Pepperoni and
Cheese Stromboli
ham, pepperoni and
melted cheese wrapped
in a pizza dough

White Pizza
freshly made pizza
dough brushed with
garlic and oil, topped with
mozzarella, baked to
perfection

Homemade three
Cheese Calzone
calzone stuffed with three
delicious melted
cheeses
Homemade Buffalo
Chicken Calzone

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Turkey BLT Wrap
sliced turkey, bacon,
lettuce, and tomato on a
wrap

American Combo
Sandwich
freshly made sandwich
with thinly sliced turkey,
ham and cheese

Buffalo Chicken
Wrap
warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato

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

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along



Mozzarella Sticks
crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce

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

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Simply Boxed
Pepperoni Pizza Pack
freshly prepared meal
with cheese and
pepperoni, tomato sauce,
bread slices and
vegetable sticks

Fruity Granola Parfait
Low fat vanilla yogurt
layered with fruit and
granola

Simply Boxed
Pepperoni and
Cheese Protein Pack

Simply Boxed
Belgian Waffle Bites
freshly prepared grab
and go meal featuring
creamy yogurt, whole
grain Belgian waffle
bites, sunflower protein
and fruit

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



Crispy Potato Puffs
crisp potato puffs baked
to perfection
Garden Salad
Mango Cup
Fresh Pear

Oven Baked Fries
crispy fries baked to
perfection
Carrot Sticks
Berry Cup
Fresh Melon Cup

Roasted Potatoes
made in house sliced
potatoes roasted in the
oven with oil and spices.
Chickpea Salad
Fresh Apple
Mango Cup

Oven Baked Fries
crispy fries baked to
perfection
Garden Salad
Fresh Melon Cup
Fresh Orange



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