




















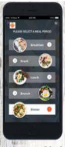
Breakfast Menu

CASTLETON ELEMENTARY

March 2025

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 3 Strawberry Mini Bagel  Wedge Fresh Orange 100% Apple Juice | 4 Blueberry Muffin  Orange 100% Juice Sliced Apples | 5 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples | 6 Golden Grahams Cereal  Graham Crackers Orange 100% Juice Sliced Apples | 7 Brown Sugar Cinnamon Pop Tart Graham Crackers Orange 100% Juice Sliced Apples |
| 10 Strawberry Mini Bagel  Wedge Fresh Orange 100% Apple Juice | 11 Chocolate Chip Muffin  100% Apple Juice Wedge Fresh Orange K | 12 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples | 13 Apple Cinnamon Cheerios Cereal  Graham Crackers Wedge Fresh Orange 100% Apple Juice K | SCHOOL CLOSED TODAY |
| 17 Strawberry Mini Bagel  Wedge Fresh Orange 100% Apple Juice  | 18 Blueberry Muffin  Orange 100% Juice Sliced Apples | 19 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples | 20 Golden Grahams Cereal  Graham Crackers Orange 100% Juice Sliced Apples | |
| 24 Strawberry Mini Bagel  Wedge Fresh Orange 100% Apple Juice | 25 Chocolate Chip Muffin  Wedge Fresh Orange 100% Apple Juice K | 26 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples | 27 Red. Sugar Cocoa Puffs Cereal  Graham Crackers Wedge Fresh Orange 100% Apple Juice | 28 Graham Crackers Strawberry Pop Tart Orange 100% Juice Sliced Apples |
| 31 Strawberry Mini Bagel  Wedge Fresh Orange 100% Apple Juice |       | | | |



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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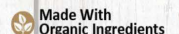
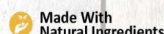
Assorted Fruits and 100% Juice included with all meals

Student Breakfast \$0.00
Adult Breakfast \$2.71+tax
For more information
518-732-4269

Alternate Choices upon Request

Assorted Cereals, Pop Tarts and Cereal Bars all are offered w/cheese string, graham cracker, or yogurt. Variety of warm muffins. All served with fat free Chocolate or low fat milk, assorted juices and fresh fruits. K = Kosher and is available everyday

All Grains are whole grains or whole wheat





Lunch Menu

CASTLETON ELEMENTARY

March 2025

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 3 Beef Goulash 🍷 Whole Wheat Dinner Roll Crispy Chicken Sandwich Broccoli Florets Apple Slices | 4 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce Carrot Dippers Diced Peaches | 5 Grilled Cheese Sandwich ✓ Cinnamon French Toast ✓ Sausage Patty Crispy Potato Puffs Steamed Peas Mixed Fruit BRUNCH FOR LUNCH TODAY! | 6 Beef Hot Dog on Bun Beef Cheeseburger Chilled Red Pepper Strips Baked Beans Cucumber Coins Fresh Orange Slices | 7 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> ✓ Marinara Sauce Roasted Butternut Squash Fresh Banana |
| 10 Pasta with Meat Beef Sauce 🍷 Dinner Rolls Crispy Chicken Sandwich Steamed Peas Applesauce | 11 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce Diced Peaches | 12 Beef Cheeseburger Cinnamon French Toast ✓ Sausage Patty Crispy Potato Puffs Steamed Carrots Mixed Fruit BRUNCH FOR LUNCH TODAY! | 13 Chicken Nuggets Beef Hot Dog on Bun Sweet Potato Fries Sautéed Zucchini Apple Slices | SCHOOL CLOSED TODAY  |
| 17 Beef Goulash 🍷 Whole Wheat Dinner Roll Crispy Chicken Sandwich Buttered Corn Applesauce  | 18 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce Diced Peaches | 19 Grilled Cheese Sandwich ✓ Cinnamon French Toast ✓ Sausage Patty Crispy Potato Puffs Steamed Peas Mixed Fruit BRUNCH FOR LUNCH TODAY! | 20 Roasted Turkey with Gravy Whole Wheat Dinner Roll Beef Hot Dog on Bun Glazed Carrots Sliced Oranges | |
| 24 Homemade Baked Pasta with Cheese ✓ Whole Wheat Dinner Roll Crispy Chicken Sandwich Broccoli Florets Apple Slices | 25 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce Carrot Dippers Diced Peaches | 26 Cinnamon French Toast ✓ Sausage Patty Grilled Cheese Sandwich Meltdown Café ✓ Green Beans Mixed Fruit BRUNCH FOR LUNCH TODAY! | 27 Beef Hot Dog on Bun Beef Cheeseburger Chilled Red Pepper Strips Baked Beans Fresh Orange Slices | 28 Classic Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> ✓ Baby Carrots Crispy Potato Puffs Fresh Banana |

31 Beef Goulash 🍷
Whole Wheat Dinner Roll
Crispy Chicken Sandwich
Buttered Corn
Applesauce



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Prices
Lunch is Free for all Students
Milk \$0.50 Adult \$5.02+tax
Variety of Fruit and Vegetables.
Fruit Cups, Apples, Oranges and Bananas
All Grains are WG
1% White Milk or FF Chocolate
Included with all meals

Lunch Daily Offerings:
Romaine Side Salad W/ Dressing, Fruit, Hot Vegetables of the day
Grab and Go Sandwiches- Turkey and Cheese, PB&J, Cheese Sandwiches all on WG Breads.
Bagel Meal with Cheese Stick and Yogurt. **K = KOSHER, available every day. Muffin Meal Lunch includes Yogurt and Cheese Stick**
Garden Salad with Cheese, (offered with WG Rolls). Food Service phone 518.732.4269

 Vegetarian
  Made With Natural Ingredients
  Pork
  Smart Choice
  Made With Organic Ingredients

Breakfast Menu

Schodack HS

March
2025

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

Monday

3 Ham, Egg and Cheese Sandwich **P**
Sliced Apples
Orange 100% Juice

10 Monte Cristo Pancake Sandwich **P**
Sliced Apples
Orange 100% Juice
Ham, Turkey & Cheese on Pancakes with Syrup

17 Egg and Cheese Sandwich **V**
Fresh Orange
100% Apple Juice



24 Monte Cristo Pancake Sandwich **P**
Sliced Apples
Orange 100% Juice
Ham, Turkey & Cheese on Pancakes with Syrup

31 Ham, Egg and Cheese Sandwich **P**
Sliced Apples
Orange 100% Juice

Tuesday

4 Mini Blueberry Bash Waffles **V**
Fresh Orange
100% Apple Juice

11 Mini Blueberry Bash Waffles **V**
Fresh Orange
100% Apple Juice

18 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Apples
100% Orange
Tangerine

25 Fluffy Whole Grain Waffles **V**
Fresh Orange
100% Apple Juice

Wednesday

5 Whole Grain French Toast Slices **V**
Fresh Orange
100% Apple Juice

12 Strawberry Mini Bagel **V**
Sliced Apples
Orange 100% Juice

19 Whole Grain French Toast Slices **V**
Fresh Orange
100% Apple Juice

26 Ham, Egg and Cheese Sandwich **P**
Sliced Apples
Orange 100% Juice

Thursday

6 Monte Cristo Pancake Sandwich **P**
Sliced Apples
100% Orange
Ham, Turkey & Cheese on Pancakes with Syrup



13 Cinnamon Bun Sticks **V**
Fresh Orange
100% Apple Juice

20 Monte Cristo Pancake Sandwich **P**
Sliced Apples
100% Orange
Tangerine

27 Cinnamon Bun Sticks **V**
Fresh Orange
100% Apple Juice

Friday

7 Bacon, Egg and Cheese Breakfast Sandwich
Fresh Orange
100% Apple Juice

SCHOOL CLOSED TODAY

21 Bacon, Egg and Cheese Breakfast Sandwich
Fresh Orange
100% Apple Juice

28 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Apples
Orange 100% Juice

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Breakfast Prices

Students \$0.00

Adult \$2.71+tax

518-732-4269

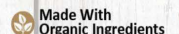
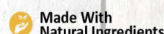
For more information
100% Juice served every day

Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~ Bagels ~ Egg Sandwiches ~ Milk and Fruit / Fruit Juices, String Cheese ~ Graham Cracker ~ Yogurt All grains are whole grains or whole wheat, Fat Free Chocolate Milk and 1% White Milk

Meats Served Chicken Sausage, Pork Bacon, Pork Ham

If you have any questions or would like additional information regarding this menu please contact your food service director



Lunch Menu

Schodack HS

March 2025

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>3 Grilled Cheese Sandwich Beef Hot Dog on Bun Steamed Peas Side Salad Strawberry Cup</p> | <p>4 Spicy Beef Nachos Grande Black Beans Grape Tomatoes Salsa Mixed Fruit Chilled Red Pepper Strips</p> | <p>5 General Tso's Chicken Brown Rice Cinnamon French Toast Sausage Patty Green Beans Diced Peaches</p> <p>BRUNCH FOR LUNCH TODAY!</p> | <p>6 Chicken Bowl with Gravy Dinner Rolls Cheeseburger Oven Baked Fries Sweet Corn</p> | <p>7 P Pepperoni Pizza Cheese Pizza Pepper & Onion Pizza Chilled Red Pepper Strips Fresh Banana</p> |
| <p>10 Tot Spot's Loaded Tater Tots Roasted Butternut Squash Sliced Peaches</p> <p>Tot Toppings, Sour Cream, Cheddar Cheese, Pulled Pork, Pork Bacon Bits &</p> | <p>11 Spicy Beef Nachos Grande Black Beans Chilled Red Pepper Strips Mixed Fruit</p> | <p>12 General Tso's Chicken Brown Rice Cinnamon French Toast Sausage Patty Green Beans Diced Peaches</p> <p>BRUNCH FOR LUNCH TODAY!</p> | <p>13 Beef Goulash Cheeseburger Oven Baked Fries Steamed Carrots Applesauce</p> <p>Shout out to your Cafeteria Advisory Committee.</p> | <p>SCHOOL CLOSED TODAY</p> |
| <p>17 Scallions Grilled Cheese Sandwich Side Salad Steamed Peas Mixed Fruit</p> | <p>18 Spicy Beef Walking Taco Black Beans Grape Tomatoes Salsa Cucumber Coins Mixed Fruit</p> | <p>19 Chicken Nuggets Cinnamon French Toast Sausage Patty Spinach Salad Dinner Rolls Diced Peaches</p> <p>BRUNCH FOR LUNCH TODAY!</p> | <p>20 Yard Bird Classic Chicken Sandwich Oven Baked Fries Applesauce</p> | |
| <p>24 Homemade Spicy Pork Mac & Cheese Steamed Peas Mixed Fruit</p> <p>This menu item was recommended by your Cafeteria Advisory Committee.</p> | <p>25 Spicy Beef Nachos Grande Black Beans Grape Tomatoes Salsa Mixed Fruit Chilled Red Pepper Strips</p> <p></p> | <p>26 Chicken Nuggets Whole Wheat Dinner Roll Cinnamon French Toast Sausage Patty Crispy Potato Puffs Diced Peaches</p> <p>BRUNCH FOR LUNCH TODAY!</p> | <p>27 Chicken Bowl with Gravy Cheeseburger Applesauce Dinner Rolls</p> | <p>28 Cheese Pizza P Pepperoni Pizza Side Salad Cucumber Coins Strawberry Cup</p> <p>P</p> |

31 Grilled Cheese Sandwich Side Salad Beef Hot Dog on Bun Steamed Broccoli Mixed Fruit

TACO TUESDAY

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Student price \$0.00
Adult price \$5.02+tax
Choice of
1% White Milk or
Fat Free Chocolate Milk

Food service phone
518.732.4269

Vegetarian Made With Natural Ingredients Pork Smart Choice Made With Organic Ingredients

Daily Lunch Offerings:

Side Salad, Variety Of Pizza (Meat and Vegetable)

Grab and Go Sandwiches - Turkey / P Ham / Buffalo Chicken with or without Cheese on WG Breads, and PBJ's All Sausage is Chicken. All Burgers are Beef

Entree Salads: Chicken Salads, Chef Salads Garden Salads with Cheese (all served with WG Roll) A Variety of Fresh Fruits & Vegetables available Daily.

Grains are whole grains or Whole wheat. Apples, Oranges and Bananas. Yogurt Parfaits with Fruit and Granola.