

# Lunch Menu

# Schodack HS

May 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday



Thursday

Friday

4 Wing Shack Honey BBQ Chicken Wings  
Crispy Potato Puffs  
Roasted Butternut Squash  
Diced Peaches



5 Spicy Beef Nachos Grande  
Black Beans  
Chilled Red Pepper Strips  
Diced Pear Cup

6 General Tso's Chicken  
Brown Rice  
French Toast  
Sausage Patty  
Green Beans  
Pineapple Cup



7 Beef Goulash  
Cheeseburger  
Oven Baked Fries  
Steamed Carrots  
Applesauce



1 Beef Hot Dog on Bun  
Pepperoni Pizza  
Cheese Pizza  
Pepper & Onion Pizza  
Chilled Red Pepper Strips  
Fresh Banana

11 Buffalo Chicken Mac & Cheese  
Grilled Cheese Sandwich  
Crispy Potato Puffs  
Side Salad  
Steamed Peas  
Mixed Fruit

12 Spicy Beef Walking Taco  
Pretzel with Cheese Sauce  
Black Beans  
Grape Tomatoes  
Salsa  
Cucumber Coins  
Pineapple Cup

13 Incredibowls General Tso's Chicken  
French Toast  
Sausage Patty  
Diced Peaches



14 Chicken Bowl with Gravy  
Cheeseburger  
Applesauce



8 Grilled Cheese Sandwich  
Beef Hot Dog on Bun  
Pepperoni Pizza  
Cheese Pizza  
Side Salad  
Steamed Broccoli  
Fresh Banana

15 Grilled Cheese Sandwich  
Beef Hot Dog on Bun  
Pepperoni Pizza  
Cheese Pizza  
Steamed Zucchini  
Diced Pear Cup

18 Wing Shack Honey BBQ Chicken Wings  
Crispy Potato Puffs  
Roasted Butternut Squash  
Fresh Green Grapes



19 Spicy Beef Nachos Grande  
Black Beans  
Grape Tomatoes  
Salsa  
Chilled Red Pepper Strips  
Watermelon Cup

20 Incredibowls General Tso's Chicken  
French Toast  
Sausage Patty  
Crispy Potato Puffs  
Honeydew and Cantaloupe Cup



21 Yard Bird Classic Chicken Sandwich  
Oven Baked Fries  
Applesauce



**SCHOOL CLOSED TODAY**



**SCHOOL CLOSED TODAY**

27 Incredibowls General Tso's Chicken  
French Toast  
Sausage Patty  
Diced Peaches



28 Beef Goulash  
Cheeseburger  
Oven Baked Fries  
Steamed Carrots  
Applesauce



29 Grilled Cheese Sandwich  
Beef Hot Dog on Bun  
Pepperoni Pizza  
Cheese Pizza  
Side Salad  
Steamed Broccoli  
Fresh Banana

View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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.

\*\*\*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.

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

Food service phone Tom  
McNay 518.732.4269

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 All Buns are WG

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.

