

Lunch Menu

CASTLETON ELEMENTARY

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

October 2026

Monday

Tuesday

A Smoothie is a complete meal with a half cup of fruit, half cup of dairy and Whole Grain graham crackers

Wednesday



Thursday

Friday

5 Homemade Mac & Cheese 🥬 🍌
Dinner Rolls
Chicken Nuggets 🍗
Steamed Peas
Apple Slices 🍏

6 Walking Taco 🌮
Turkey Taco Filling
Salsa
Black Beans
Romaine Lettuce
OR Strawberry Smoothie 🍓 🍌
Pineapple Cup 🍍

7 Grilled Cheese Sandwich 🥬 🌻
Mini Blueberry Pancakes
French Toast 🥬
Sausage Patty
Crispy Potato Puffs 🌻
Steamed Carrots
Diced Peaches

8 Beef Hot Dog on Bun 🌭 🍌
Cheeseburger 🍌 🍌
Baked Beans 🍌
Fresh Green Grapes

9 Classic Cheese Pizza 🥬 🌻 🍌
Roasted Butternut Squash
Fresh Banana 🍌



12 Pasta with Meat Sauce 🍌
Sauteed Zucchini
Sliced Oranges 🍊

13 Walking Taco 🌮
Turkey Taco Filling
Salsa
Black Beans
Romaine Lettuce
Pineapple 🍍

14 Grilled Cheese Sandwich 🥬 🌻
Mini Blueberry Pancakes
French Toast 🥬
Sausage Patty
Crispy Potato Puffs 🌻
Steamed Peas
Diced Peaches

15 Cheeseburger 🍌 🍌
Beef Hot Dog on Bun 🌭 🍌
Green Beans
Strawberry Cup 🍓

16 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🥬
Marinara Sauce
Sweet Corn
Diced Pear Cup

19 Homemade Baked Pasta with Cheese 🥬
Chicken Nuggets 🍗
Broccoli Florets
Apple Slices 🍏

20 Walking Taco 🌮
Turkey Taco Filling
Salsa
Black Beans
Romaine Lettuce
OR Strawberry Smoothie 🍓 🍌
Pineapple 🍍

21 Grilled Cheese Sandwich 🥬 🌻
Mini Blueberry Pancakes
French Toast 🥬
Sausage Patty
Crispy Potato Puffs 🌻
Green Beans
Diced Peaches

22 Beef Hot Dog on Bun 🌭 🍌
Cheeseburger 🍌 🍌
Baked Beans 🍌
Fresh Green Grapes

23 Classic Cheese Pizza 🥬 🌻 🍌
Green Beans
Fresh Banana 🍌

26 Beef Goulash 🍌 🍌
Crispy Chicken Sandwich
Buttered Corn
Applesauce 🍏

27 Walking Taco 🌮
Turkey Taco Filling
Salsa
Black Beans
Romaine Lettuce
Honeydew and Cantaloupe Cup

28 Grilled Cheese Sandwich 🥬 🌻
Mini Blueberry Pancakes
French Toast 🥬
Sausage Patty
Crispy Potato Puffs 🌻
Steamed Carrots
Diced Peaches

29 Beef Hot Dog on Bun 🌭 🍌
Cheeseburger 🍌 🍌
Baked Beans 🍌
Mixed Fruit

30 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🥬
Marinara Sauce
Sweet Corn
Diced Pear Cup



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. 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.

Prices

Lunch is Free for all Students

Milk \$0.50 Adult \$5.02+tax

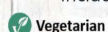
Variety of Fruit and Vegetables.

Fruit Cups, Apples, Oranges and Bananas

All Grains are WG

1% White Milk or FF Chocolate

Included with all meals



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

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

Tom McNay 518.732.4269