

Lunch Menu

Schodack HS

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Wing Shack Honey BBQ Chicken Wings 🍷
Crispy Potato Puffs 🍟
Roasted Butternut Squash 🍂

Stop by the Shack
Enjoy the best wings in town!



19 Wing Shack Honey BBQ Chicken Wings 🍷
Crispy Potato Puffs 🍟
Roasted Butternut Squash 🍂

Stop by the Shack
Enjoy the best wings in town!

26 Chicken Fajita Mac & Cheese 🍷
Side Salad 🥗
Steamed Peas 🍲
Mixed Fruit 🍎

6 Spicy Beef 🍷
Nachos Grande 🍷
Black Beans 🍲
Chilled Red Pepper Strips 🍷
Diced Pear Cup 🍏

13 Spicy Beef 🍷
Walking Taco 🍷
Black Beans 🍲
Salsa 🍷
Cucumber Coins 🍏
Pineapple Cup 🍏

20 Spicy Beef 🍷
Nachos Grande 🍷
Black Beans 🍲
Chilled Red Pepper Strips 🍷
Diced Pear Cup 🍏

27 Spicy Beef 🍷
Black Beans 🍲
Walking Taco 🍷
Salsa 🍷
Cucumber Coins 🍏
Pineapple Cup 🍏

7 General Tso's Chicken 🍷
Brown Rice 🍲
Green Beans 🍲
Pineapple Cup 🍏

14 Incredibowls General Tso's Chicken 🍷
Broccoli Florets 🍷
Diced Peaches 🍏

21 Incredibowls General Tso's Chicken 🍷
Green Beans 🍲
Pineapple Cup 🍏

28 Incredibowls General Tso's Chicken 🍷
Broccoli Florets 🍷
Diced Peaches 🍏

1 Yard Bird Classic Chicken Sandwich 🍷
Oven Baked Fries 🍟
Applesauce 🍏

YARD BIRD
The Original Chicken Sandwich

8 Beef Goulash 🍷
Cheeseburger 🍷
Oven Baked Fries 🍟
Steamed Carrots 🍲
Applesauce 🍏

Student FAVES

15 Chicken Bowl with Gravy 🍷
Cheeseburger 🍷
Applesauce 🍏

Student FAVES

22 Cheeseburger 🍷
Oven Baked Fries 🍟
Steamed Carrots 🍲
Applesauce 🍏
Beef Goulash 🍷

Student FAVES

29 Yard Bird Classic Chicken Sandwich 🍷
Oven Baked Fries 🍟
Applesauce 🍏

YARD BIRD
The Original Chicken Sandwich

2 Beef Hot Dog on Bun 🍷
Pepperoni Pizza 🍷
Cheese Pizza 🍷
Pepper & Onion Pizza 🍷
Chilled Red Pepper Strips 🍷

9 Grilled Cheese Sandwich 🍷
Pepperoni Pizza 🍷
Cheese Pizza 🍷
Side Salad 🥗
Steamed Broccoli 🍲
Fresh Banana 🍌

16 Grilled Cheese Sandwich 🍷
Beef Hot Dog on Bun 🍷
Pepperoni Pizza 🍷
Cheese Pizza 🍷
Steamed Zucchini 🍲
Diced Pear Cup 🍏

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

30 Beef Hot Dog on Bun 🍷
Pepperoni Pizza 🍷
Cheese Pizza 🍷
Pepper & Onion Pizza 🍷
Chilled Red Pepper Strips 🍷



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.

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.

