Lunch Menu

CASTLETON ELEMENTARY

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Goulash Or Crispy Chicken Sandwich Buttered Corn Applesauce	3 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce Pineapple	4 Grilled Cheese Sandwich Or Mini Blueberry Pancakes Or French Toast Sausage Patty Crispy Potato Puffs Steamed Peas Diced Peaches	5 Chicken Bowl with Gravy Or Cheeseburger Fresh Green Grapes IncrediBOWLS	CAPITAL ROOTS GROW · EDUCATE · PROVIDE No School Conference Day
9 Buffalo Chicken Mac & Cheese Dinner Rolls Or Chicken Nuggets Steamed Peas Apple Slices	10 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce OR Strawberry Smoothie Pineapple Cup		12 Beef Hot Dog on Bun Or Cheeseburger Green Beans Watermelon Cup	13 Classic Cheese Pizza Glazed Carrots Fresh Banana
16 Pasta with Meat Sauce Or Chicken Nuggets Sauteed Zucchini Sliced Oranges	17 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce Pineapple	18 Grilled Cheese Sandwich Or Mini Blueberry Pancakes Or French Toast Sausage Patty Crispy Potato Puffs Steamed Peas Diced Peaches	19 Chicken Bowl with Gravy Or Cheeseburger Buttered Corn Applesauce IncrediBOWLS	20 Cheesy Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Marinara Sauce Sweet Corn Diced Pear Cup
23 Buffalo Chicken Mac & Cheese Chicken Nuggets Broccoli Florets Apple Slices	24 Walking Taco Turkey Taco Filling Salsa Black Beans Romaine Lettuce OR Strawberry Smoothie Pineapple	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
30 Beef Goulash Crispy Chicken Sandwich Buttered Corn Applesauce	**A Smoothie is a complete meal with a half cup of fruit, half cup of dairy and Whole. Grain graham crackers**			

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 $5.38+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 Tom McNay 518.732.4269

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