

Lunch Menu

Hinsdale Middle School (6-8)

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



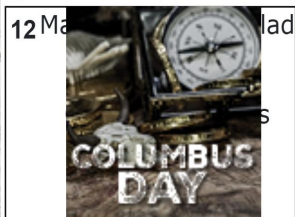
5 Make Your Own Salad
Meatball Hero
Sweet Potato Fries
Steamed Broccoli

6 Make Your Own Salad
Chicken Fajita Wrap
Brown Rice

7 Make Your Own Salad
Barbecue Rib
Sandwich
Homemade Lite
Veggie Pasta Salad
Sweet Potato Fries

1 Make Your Own Salad
Roasted Chicken
Ramen Bowl
Whole Wheat Dinner
Roll

2 Make Your Own Salad
Baked Chicken
Tenders
Homemade Mashed
Potatoes
Brown Gravy
Whole Wheat Dinner
Roll
Crispy Potato Puffs



13 Make Your Own Salad
Soft Tacos
Brown Rice
Fiesta Corn
Salsa
Sour Cream PC

14 Make Your Own Salad
Buffalo Chicken Dip
Buffalo Cauliflower

15 Make Your Own Salad
Pasta with Meat
Sauce
Steamed Broccoli
Whole Wheat Dinner
Roll

16 Make Your Own Salad
Tomato Soup
Grilled Cheese
Sandwich Meltdown
Café

19 Make Your Own Salad
Jamaican Jerk
Chicken
Brown Rice
Whole Wheat Dinner
Roll

20 Make Your Own Salad
Nachos Grande
Brown Rice
Salsa

21 Make Your Own Salad
Philly Cheese Steak
Steamed Broccoli

22 Make Your Own Salad
Incredibowls Chicken
& Vegetable Rice
Whole Wheat Dinner
Roll

23 Make Your Own Salad
Beef Hot Dog on
Bun
Homemade French
Fries
Baked Beans

26 Make Your Own Salad
Sausage Onions &
Peppers Sandwich
Oven Baked Fries
Roasted Mixed
Veggies

27 Make Your Own Salad
Chicken Fajita Wrap
Brown Rice
Sour Cream
Fiesta Corn
Salsa

28 Deli Sandwich Lunch
On The Go

EARLY RELEASE

29 Make Your Own Salad
Bacon Cheeseburger
Sweet Potato Fries

30 Make Your Own Salad
Baked Chicken
Tenders
Oven Baked Fries
Steamed Carrots



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.

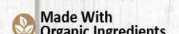
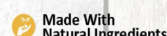
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Available Daily

Daily Deli Options,
Asst. Pizza, Grab & Go Items,
Express Options, Fruit & Yogurt
Parfait, Fresh Fruit & Veggie Bar

1% White Milk or Fat Free

Chocolate



Student Breakfast \$1.75

Student Reduced \$0.00

Student Lunch (k-5) \$2.85 Student Lunch (6-12) \$3.35

Student Reduced \$0.40

Adult Breakfast \$2.00

Adult Lunch \$4.75

Milk \$0.60

Questions, Contact Kelly Wojcik

wojcikk@whitsons.com