

Lunch Menu

Port Jefferson Edna Louise Spear Elementary

March 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

2 Cheesy Stuffed Bread Sticks 
With Marinara Sauce Dip
Or Margherita Flatbread 

Sweet Corn
Cucumber Coins
Fresh NY Local Apple
Cinnamon Applesauce

3 Chicken Nuggets With Dinner Rolls
Or Grilled Cheese Sandwich
Meltdown Café 
Steamed Carrots
Chilled Red Pepper Strips
Fresh Orange
Diced Pear Cup

4 Homemade Mac & Cheese 
Steamed Italian Vegetables 
Baby Carrots
Fresh Orange
Diced Pear Cup

5 Beef Hot Dog on Bun
Or Crispy Popcorn Chicken
Baked Beans
Oven Baked Fries
Mixed Fruit
Fresh NY Local Apple


6 Classic Cheese Pizza 

Or Pepperoni Pizza
Steamed Broccoli
Cucumber Coins
Fresh Banana
Cinnamon Applesauce

9 Cheesy Stuffed Bread Sticks 
With Marinara Sauce
Or Not-A-Nut Butter & Jelly Sandwich 
Cauliflower Popcorn
Cucumber Coins
Fresh NY Local Apple
Mixed Fruit


10 Chicken Nuggets With WG Honey Bear
Graham Crackers
Or Pizza Bagel 
Steamed Carrots
Chilled Red Pepper Strips
Fresh Pear
Cinnamon Applesauce

11 Homemade Mac & Cheese 
Mixed Vegetables 
Cucumber Coins
Fresh Orange
Mixed Fruit


12 BBQ Chicken Sauce & Toss
Or Crispy Popcorn Chicken
All With Homemade Garlic Bread
Baked Beans
Oven Baked Fries
Diced Peaches
Fresh NY Local Apple

13 Classic Cheese Pizza 

Or Pepperoni Pizza
Caesar Salad
Steamed Broccoli
Fresh Banana
Cinnamon Applesauce


16 Mozzarella Sticks 
With Marinara Sauce Dip
Or French Bread Pizza 
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
Cinnamon Applesauce


17 Meatball Dunkers
Or Chicken Nuggets
All With Whole Wheat Dinner Roll
Steamed Carrots
Chilled Red Pepper Strips
Fresh Orange
Diced Pear Cup


18 Homemade Baked Pasta with Cheese 
Or Two Cheese Grilled Cheese Meltdown Café 
Steamed Italian Vegetables
Cucumber Coins
Mixed Fruit
Fresh Orange

19 Crispy Popcorn Chicken
With WG Honey Bear
Graham Crackers
Or Cheese Quesadilla 
Baked Beans
Oven Baked Fries
Mixed Fruit
Fresh NY Local Apple

20 

23 Cheesy Stuffed Bread Sticks 
With Marinara Sauce
Or Not-A-Nut Butter & Jelly Sandwich 
Cauliflower Popcorn
Cucumber Coins
Mixed Fruit
Fresh NY Local Apple


24 Chicken Nuggets With Dinner Rolls
Or Pizza Bagel 
Glazed Carrots 
Chilled Red Pepper Strips
Fresh Pear
Diced Peaches


25 Homemade Mac & Cheese 
Or Grilled Cheese Sandwich
Meltdown Café 
Sweet Potato Fries
Cucumber Coins
Fresh Orange
Diced Pear Cup


26 Beef Hot Dog on Bun
Or Cheeseburger
Oven Baked Fries
Baked Beans
Fresh NY Local Apple
Diced Peach Cup

27 Classic Cheese Pizza 

Or Pepperoni Pizza
Steamed Broccoli
Caesar Salad
Fresh Banana
Fresh NY Local Apple

30 Mozzarella Sticks 
With Marinara Sauce Dip
Or French Bread Pizza 
Sweet Corn
Cucumber Coins
Fresh NY Local Apple
Cinnamon Applesauce

31 Chicken Nuggets With Dinner Rolls
Or Grilled Cheese Sandwich
Meltdown Café 
Steamed Carrots
Chilled Red Pepper Strips
Fresh Orange
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.



Lunch Price
Free - \$0.00
Reduced -\$0.00
Paid - \$0.00

Available Daily
Sun butter & Jelly Sandwich, or Cheese Sandwich,
Bagel Lunch, Yogurt Lunch, and Cereal Lunch
Lunches include Vegetable choice, Fruit or Fruit
juice choice and Milk choice FF Chocolate milk
or 1%