

October 2026

Lunch

Barnstable St. John Paul II School Preparatory Division, MA



Contact Information

Nancy Dias

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www.whitsons.com

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Mon 28	Tue 29	Wed 30	Thu 01	Fri 02
No Menu Available	No Menu Available	No Menu Available	Mozzarella Sticks Sweet Potato Fries Carrot Sticks	Classic Cheese Pizza Pepperoni Pizza Caesar Salad
Mon 05	Tue 06	Wed 07	Thu 08	Fri 09
Whole Grain Pancakes with Sausage Cinnamon Flavored Apples	Beef Hot Dog on Bun Sweet Potato Fries Sweet Corn	Pasta with Meat Sauce WG Garlic Texas Toast Caesar Salad	Chicken Fajita Wrap Oven Baked Fries Sauteed Corn & Black Bean Salsa	Classic Cheese Pizza Pepperoni Pizza Baby Carrots
Mon 12	Tue 13	Wed 14	Thu 15	Fri 16
No Menu Available	Nachos Grande Sauteed Corn & Black Bean Salsa Sour Cream	Homemade Mac & Cheese WG Garlic Texas Toast Cucumber Coins	Not-A-Nut Butter & Jelly Sandwich String Cheese Fresh Apple	Classic Cheese Pizza Pepperoni Pizza Caesar Salad
Mon 19	Tue 20	Wed 21	Thu 22	Fri 23
Cinnamon French Toast Sticks Sweet Potato Fries Sweet Corn	Bacon Cheeseburger Oven Baked Fries Mixed Vegetables	Chicken & Broccoli Alfredo Caesar Salad Sliced Peaches	Grilled Cheese Sandwich Meltdown Café Oven Baked Fries Sweet Corn Chickpea Salad	Not-A-Nut Butter & Jelly Sandwich String Cheese Fresh Apple
Mon 26	Tue 27	Wed 28	Thu 29	Fri 30
Chicken Corn Dog Sweet Potato Fries Baked Beans	Herb Roasted Chicken Brown Rice Sweet Corn	Homemade Pesto Pasta with Chicken WG Garlic Texas Toast Carrot Sticks	Chicken & Cheese Quesadilla Carrot Sticks Sauteed Corn & Black Bean Salsa	Classic Cheese Pizza Pepperoni Pizza Carrot Sticks Garden Salad Orange and Cream Sidekick

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Breakfast

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Mon 28	Tue 29	Wed 30	Thu 01	Fri 02
No Menu Available	No Menu Available	No Menu Available	Strawberry Mini Bagel Sausage, Egg and Cheese Sandwich	Homemade Chocolate Chip Muffins Whole Grain Bagel with Cream Cheese
Mon 05	Tue 06	Wed 07	Thu 08	Fri 09
Banana Chocolate Chip Oatmeal Round Strawberry Mini Bagel	Whole Grain Bagel with Cream Cheese Fruity Parfait	Homemade Banana Muffins Sausage, Egg and Cheese Sandwich	WW Honey Bun Whole Grain Bagel with Cream Cheese	Homemade Chocolate Chip Muffins Sausage, Egg and Cheese Sandwich
Mon 12	Tue 13	Wed 14	Thu 15	Fri 16
No Menu Available	Whole Grain French Toast Slices Whole Grain Bagel with Cream Cheese	Ham & Cheese Bagel Melt Fruity Parfait	Sausage, Egg and Cheese Sandwich Cinnamon Bun	Homemade Chocolate Chip Muffins Sausage, Egg and Cheese Sandwich
Mon 19	Tue 20	Wed 21	Thu 22	Fri 23
Cinnamon Nutri-Grain Bar Homemade Banana Muffins	Homemade Banana Muffins Banana Chocolate Chip Oatmeal Round	Fruity Parfait Sausage, Egg and Cheese Sandwich	Cinnamon Bun Strawberry Mini Bagel	Homemade Chocolate Chip Muffins Egg and Cheese Sandwich
Mon 26	Tue 27	Wed 28	Thu 29	Fri 30
Cinnamon Bun Sausage, Egg and Cheese Sandwich	Fruity Parfait Homemade Blueberry Muffins	Homemade Chocolate Chip Muffins Sausage, Egg and Cheese Sandwich	Homemade Banana Muffins Whole Grain Bagel with Cream Cheese	Homemade Chocolate Chip Muffins Sausage, Egg and Cheese Sandwich