Welcome to our Lunch Cafe

12/1/2021 - 12/3/2021

	Monday T	uesday Wednesda		Friday
World S. MARKET		Whole Grain Wa with Sausage light and crispy wa served with a sau patty Crispy Potato P Sauteed Cinnar Apple Slices	Sweet Potato Fries Spiced Roasted Green Beans w/ Parmesan  uffs mon	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta DO NOTE HOMEMADE GARIIC Bread
1¢ CUCINA	Available Daily: Cheese Pizza, F	Margherita Piz freshly prepared of lightly brushed with and oil, topped v tomato sauce, moz cheese, fresh tom and basil	lough ham and pineapple chunks over a cheese vith pizza slice P	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses
Coyote GRILL	Available Daily: Nachos, Crips	Crispy Tacos homemade spicy meat inside a crisp shell topped with c Brown Rice Sweet Corn  sy & Soft Tacos, Taco Bowls with M	taco tortilla chips topped with freshly prepared mexi style meat and cheese Sweet Corn Brown Rice	Mexican Salad salad with beans, corn, sour cream, and salsa  Brown Rice Sweet Corn  Shredded Lettuce,
Miss RUBY'S GRILL	Available Daily: Hamburge	Philly Cheese S thinly sliced beef to with sauteed pepp onions and melt cheese on a ligh toasted bun prepar house s, Cheeseburgers, Veggie Burgers,	ppped Sandwich pers, led smothered in tomato sauce, topped with melted cheese assembled in-house on a	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries
Great SAMERICAN SANOVICH CO.	Available Daily: Assorted Boar	Deli Bar an assortment of cuts, cheeses condiments and br rolls, or wraps to d your own sandw Turkey Club Wra	cuts, cheeses, eads, condiments and breads, reate rolls, or wraps to create your own sandwich Roast Beef Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Teriyaki Chicken
Frait Stand		Garden Salad v Chicken Salad chicken salad on a lettuce, cucumbe carrots and tomato Cream of Brock Soup Salad, Caesar Salad, Organic Fruit & Yog	with d Waffle Bites bed of freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes Cream of Broccoli
Healthy		Sliced Peach Side Salad Homemade Lite V Pasta Salad Kiwi	es Fresh Apple Sliced Peaches 'eggie Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad
Miles	Variety of Veggies, Legumes, Fruit	& Fresh Fruit Available Daily. Choice	e of Milk is included with all mea	



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the

App Store or Google Play, and view your

menu on your mobile device anywhere.



The USDA has approved FREE breakfast and funch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. \*\*\*\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, when a sepecially if you have certain medical conditions. Menu is subject to change, notice posted when a vailable. This institution is an equal opportunity provider.











Welcome to our Lunch Cafe

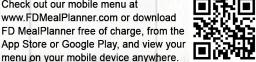
12/6/2021 - 12/10/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Pasta, Pasta, Pasta	Smokehouse Pulled	Cinnamon French	Meatloaf with Gravy	Chicken with Gravy	
	pasta with the sauce of	Pork Sandwich	Toast	savory beef meatloaf with	roasted chicken covere	
	your choice: Alfredo,	smokehouse pulled pork	slices of French toast	a hearty brown gravy 🤔	with gravy	
111-01 🕶 💌	marinara or bolognese	on a roll with cole slaw	baked to perfection 🌈	Fluffy Mashed	Fluffy Mashed	
World 🟋 🤻	Roasted Squash	P	Sausage Patty	Potatoes	Potatoes	
6 MARKET	Homemade Garlic	Green Beans	Sauteed Cinnamon	Green Beans	Green Beans	
	Bread		Apple Slices		arlic Cheese Biscuit	
					ariic Crieese biscuit	
	Hawaiian Pizza	Hand Crafted Three	Chicken	Meat Lovers Pizza	Ham and Cheese	
	ham and pineapple	Cheese Pizza		freshly made pizza	Calzone <page-header></page-header>	
	chunks over a cheese	fresh dough layered with	Alfredo	topped with mozzarella		
La	pizza slice 🕑 🤔	sauce, topped with		cheese, sausage,		
		ricotta, mozzarella, and	Pizza	pepperoni and meatball		
MENTLE		Parmesan cheeses 🕜		<b>P</b> 🤣		
	Wailable Daily: Choos	o Pizza Popporoni Pizza	and a Special Calzone or P	izza all foaturing whole gr	ain rich nizza daugh	
	W					
100	Crispy Tacos	Mexican Salad	Crispy Tacos	Classic Tex Mex	Nachos Grande	
	homemade spicy taco	salad with beans, corn,	homemade spicy taco	Burrito	tortilla chips topped w	
	meat inside a crispy taco	sour cream, and salsa	meat inside a crispy taco	mexi-style meat, rice and	freshly prepared me	
Povote	shell topped with cheese	<b>/</b>	shell topped with cheese	shredded cheese folded	style meat and chees	
	Brown Rice	Brown Rice	Sweet Corn	inside a soft tortilla 🤔		
/ URILL	Sweet Corn	Sweet Corn				
	Available Daily: Nacl	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,	
	Sausage Onions &	Philly Cheese Steak	BBQ Chicken	Beef Hot Dog on Bun	Chicken Club	
	Peppers Sandwich	thinly sliced beef topped	Sandwich	juicy beef hot dog on a	Sandwich	
	Italian sausage sandwich	with sauteed peppers,	warm baked chicken	soft bun	hand crafted sandwid	
Miss 🖳	topped with sauteed	onions and melted	smothered in BBQ sauce	Sweet Potato Fries	with grilled chicken,	
	onions and peppers 🕞	cheese on a lightly	on a bun and prepared in-		crispy bacon, lettuce a	
UBY START		toasted bun prepared in-	house		juicy tomatoes 🤒	
GRILL	Crispy Potato Puffs	house 🤔	Sweet Potato Fries		Sweet Potato Fries	
	Available Daily: Ha	amburgers, Cheeseburger	rs, Veggie Burgers, Chick	en Patties and Spicy Chick	ken Sandwiches	
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar	
	an assortment of cold	an assortment of cold	an assortment of cold	an assortment of cold	an assortment of col	
The state of the s	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	
Great 🥯 📗	condiments and breads,	condiments and breads,	condiments and breads,	condiments and breads,	condiments and bread	
your seems	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to crea	
AMERICAN SANDWICH CO.	your own sandwich	your own sandwich	your own sandwich	your own sandwich	your own sandwich	
	Chicken Salad Wrap	Turkey Club Wrap 🤭	Chicken Salad Wrap	Buffalo Chicken Wrap	Chicken Salad Wra	
	Available Daily: Asso	rted Boars Head cold cuts	s, popcorn chicken, tuna, c	heeses and whole grain ri	ch bread, rolls and	
	Chicken Caesar Salad fresh romaine topped with	Simply Boxed Yogurt Power Pack	Buffalo Chicken Salad with Dinner Rolls	Cobb Salad	Simply Boxed Belgia Waffle Bites	
		freshly made meal with	spicy chicken on a bed of	fresh lettuce topped with bacon, baked chicken,	freshly prepared grab a	
	parmesan cheese,	yogurt, diced cheese,	romaine lettuce with	shredded cheddar, and		
Frait A	chicken, and croutons	, , ,			go meal featuring crea	
WDDERR	with dinner rolls	granola and dried fruit 🕜	cucumbers, carrots and	chopped egg 🤔	yogurt, whole grain	
iapnedd	Vegetable Soup	<b>/</b>	tomatoes 🤔	Vegetable Soup	Belgian waffle bites	
		Vegetable Soup	Vegetable Soup		sunflower protein an	
	Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
	Fresh Apple	Fresh Orange	Fresh Orange	Fresh Orange	Fresh Orange	
	Sliced Peaches	Sliced Peaches	Mixed Fruit	Fresh Apple	Sliced Peaches	
		Side Salad	Side Salad	Homemade Lite Veggie	Side Salad	
	Side Salad		Hamamada Lita Maggia	Pasta Salad	Homemade Lite Veg	
1. 0.1	Homemade Lite Veggie	Homemade Lite Veggie	Homemade Lite Veggie	rasia Salau		
Healthy		Homemade Lite Veggie Pasta Salad	Pasta Salad	Fasta Salau	Pasta Salad	
Healthy	Homemade Lite Veggie	00		r asta Salau		



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Welcome to our Lunch Cafe

12/13/2021 - 12/17/2021

Herb Roasted Chicken Fluffy Mashed Potatoes Baked Beans  c Cheese Biscuit  Meatball Pizza Cheese pizza topped with sliced meatball	Spicy Chicken Nuggets Fluffy Mashed Potatoes Steamed Broccoli	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy Steamed Peas  BBQ Chicken Pizza	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken  Homemade Garlic Bread Green Beans	Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Sauteed Cinnamon Apple Slices		
cheese pizza topped with		BBQ Chicken Pizza				
	Taco Pizza	freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 🤔	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions	Chicken Bacon, Ranch Pizza		
Available Daily: Cheese	e Pizza, Pepperoni Pizza a	nd a Special Calzone or Pi	zza all featuring whole gra	ain rich pizza dough		
Cheese Quesadilla reshly grilled flour tortilla with melted cheese Sweet Corn Brown Rice	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese Brown Rice Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa     Brown Rice Sweet Corn	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese Sweet Corn Brown Rice		
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,						
Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with ettuce & tomato prepared in-house	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Sweet Potato Fries	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries		
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches						
Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Wrap*	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Teriyaki Chicken	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap		
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and						
Simply Boxed Belgian Waffle Bites reshly prepared grab and to meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad (>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls Homemade Chicken Soup	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Homemade Chicken Soup	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P P Homemade Chicken Soup		
Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll						
Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches	Fresh Orange Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Mixed Fruit Fresh Melon Cup Side Salad Homemade Lite Veggie Pasta Salad	Applesauce Kiwi Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Side Salad Homemade Lite Veggie Pasta Salad		
r B	with melted cheese Sweet Corn Brown Rice  Available Daily: Nach Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with bituce & tomato prepared in-house  Available Daily: Ha  Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap  Available Daily: Assor Simply Boxed Belgian Waffle Bites eshly prepared grab and o meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and vailable Daily: Garden Sa  Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches	Sweet Corn Brown Rice  Available Daily: Nachos, Cripsy & Soft Tacos,  Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with office & tomato prepared in-house  Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich suffalo Chicken Wrap  Available Daily: Assorted Boars Head cold cuts  Simply Boxed Belgian Waffle Bites eshly prepared grab and or meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and  Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches  Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches  Fresh Orange Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches  Fresh Orange Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches Fresh Fruit & Fresh Fruit Ava  Fresh Veggies, Legumes, Fruit & Fresh Fruit Ava  Fresh Fruit Ava	Sweet Corn Brown Rice  Sweet Corn  Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Bee  Grilled Chicken Teriyaki Sandwich grilled chicken breast hard rafted sandwich marinated in teriyaki sauce, topped with sauce, topped with sauce, topped with office & tomato prepared in-house  Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich suffalo Chicken Wrap  Available Daily: Assorted Boars Head cold cuts, salami, provolone, swiss scheese, garbanzo beans and fire roasted peppers over garden salad Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad  riety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Mile  sweet Corn  Sour cream, and salsa Sucur cream, and salsa Salsam Mexi Bee Sucur Chesebsurger Sweet Corn  Brown Rice Sweet Corn  Brown Rice Sweet Corn  Bacon Cheeseburger Sweet Potato Fries  Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Wrap  Chicken Caus and salsa or create your own sandwich Tuna Salad Wrap  Chicken Caus and salsa or create your own sandwich Tuna Salad Wrap  Chicken Caus and sacor cheese, condiments and breads, rolls, or wraps to create your own sandwich Chicken Caus	Sweet Corn Brown Rice Brown Rice Brown Rice Sweet Corn Brown Rice Brown Rice Sweet Corn  Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Sead With grilled Chicken Teriyaki Sandwich grilled Chicken breast marinated in teriyaki sauce, topped with stuce & tomato prepared in-house  Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich sulfalo Chicken Wrap Chicken Salad Wrap  Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain walfle Bites sunflower protein and Waffle Bites sunflower protein and Walfle Bites Sund Walfle Bites Sunflower protein and Walfle Bites Sunflower protein and Fresh Orange Fresh Orange Fresh Orange Fresh Orange Fresh Orange Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches Sweet Corn  Sour cream, and salsa Sour cream, saver ches Sour cheses, chicken, cheese sa, condiments and		



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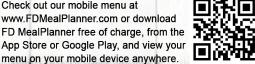
Welcome to our Lunch Cafe

12/20/2021 - 12/24/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken with Gravy	Homemade Pasta &	Cinnamon French		101 10 414
	roasted chicken covered	Meatballs	Toast	10	HOLIDAY
	with gravy	freshly baked meatballs	slices of French toast		TAV
11 . 01 -	Fluffy Mashed	with tomato sauce over	baked to perfection 🍘	40	
Vorld 🔭 🧖	Potatoes	pasta 🤔 🚷	Sausage Patty		
MARKET /	Steamed Carrots	Homemade Garlic	Crispy Potato Puffs	M.	
0	Dinner Rolls	Bread	Onspy i otato i uns		
	2	Green Beans			A STATE OF THE PERSON
		Green beans		5	
		Hand Crafted Three	Sausage Pizza		
	Cainach & Chicken	Cheese Pizza	traditional pizza slice		
	Spinach & Chicken	fresh dough layered with	topped with sausage 🤒		
1-	Pizza	sauce, topped with			
		ricotta, mozzarella, and			
UCINA		Parmesan cheeses 🕡			
- IFR		annocan checoco			
TEVITS)					
L. Control	Available Daily: Chees	e Pizza, Pepperoni Pizza a	nd a Special Calzone or P	izza all featuring whole grain	n rich pizza dough
MONUA	Mexican Salad	Crispy Tacos	Nachos Grande		
A Para	salad with beans, corn,	homemade spicy taco	tortilla chips topped with		
	sour cream, and salsa	meat inside a crispy taco	freshly prepared mexi		
	<i>₿</i> <b>&amp;</b>	shell topped with cheese	style meat and cheese		
yote 🤼 📗	Brown Rice	Brown Rice	Brown Rice		
GRILL	Sweet Corn	Sweet Corn	Sweet Corn		
	SVVCCL SOITI				
	Available Daily: Nacl	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Bed	ef, Chicken, Cheese and Sh	redded Lettuce,
	Buffalo Chicken	Smokehouse Pulled	Grilled Chicken		
	Sandwich	Pork Sandwich	Teriyaki Sandwich		
	warm sandwich prepared	smokehouse pulled pork	grilled chicken breast		
niss -	in-house with spicy	on a roll with cole slaw	marinated in teriyaki		
	marinated chicken breast,	P	sauce, topped with		
JBY'S 🍪 📈	crisp lettuce and sliced	Sweet Potato Fries	lettuce & tomato prepared		
GRILL	tomato 🤗	Sweet 1 diato i nes	in-house 🤗		
		Chanakuwawa Chanakuwaw		on Dattice and Spice Chicker	. Canduriahaa
	Deli Bar	Deli Bar	Deli Bar	en Patties and Spicy Chicker	Sandwiches
	an assortment of cold	an assortment of cold	an assortment of cold		
A THE PARTY OF THE	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,		
had a	condiments and breads,	condiments and breads,	condiments and breads,		
reat 🥯 📗	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create		
AMERICAN		your own sandwich	your own sandwich		
american I	your own sandwich	your own canavion	your onn ounanion		
AMERICAN SANDWICH CO.	your own sandwich Chicken Salad Wrap	Turkey Club Wrap	year erri canamen		
AMERICAN SANDWICH CO.	Chicken Salad Wrap	Turkey Club Wrap 🤔	,	heeses and whole grain rich	bread, rolls and
AMERICAN SANDVICH CO.	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad	Turkey Club Wrap (5)  rted Boars Head cold cuts  Simply Boxed Yogurt	, popcorn chicken, tuna, c	heeses and whole grain rich	bread, rolls and
AMERICAN SANOVICE CO	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad  fresh lettuce topped with	Turkey Club Wrap  rted Boars Head cold cuts  Simply Boxed Yogurt  Power Pack	, popcorn chicken, tuna, c Simply Boxed Yogurt Power Pack	heeses and whole grain rich	bread, rolls and
AMERICAN SANOVICE CO.	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad  fresh lettuce topped with bacon, baked chicken,	Turkey Club Wrap  rted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with	, popcorn chicken, tuna, o Simply Boxed Yogurt Power Pack freshly made meal with	cheeses and whole grain rich	bread, rolls and
MERICAN SAMOVICH CO	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad  fresh lettuce topped with	Turkey Club Wrap  rted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese,	, popcorn chicken, tuna, c Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese,	cheeses and whole grain rich	bread, rolls and
Frait Su	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad  fresh lettuce topped with bacon, baked chicken,	Turkey Club Wrap  rted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with	, popcorn chicken, tuna, o Simply Boxed Yogurt Power Pack freshly made meal with	cheeses and whole grain rich	bread, rolls and
Trait SWA	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and	Turkey Club Wrap or rted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit	simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit	cheeses and whole grain rich	bread, rolls and
Frait AND XPRESS	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and	Turkey Club Wrap  rted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese,	, popcorn chicken, tuna, c Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese,	cheeses and whole grain rich	bread, rolls and
Frait Sta	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Turkey Club Wrap orted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit or	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit	theeses and whole grain rich	
Frait Sea	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Available Daily: Garden Salad	Turkey Club Wrap  rted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  () () () () () () () () () () () () ()	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Companie Fruit & Yogurt Par Fresh Orange		
Frait And XPRESS	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Available Daily: Garden S  Fresh Orange Sliced Peaches	Turkey Club Wrap Preted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Presh Orange Sliced Peaches	simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  d, Organic Fruit & Yogurt Par  Fresh Orange Sliced Peaches		
Frait Sta	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Available Daily: Garden S  Fresh Orange Sliced Peaches Side Salad	Turkey Club Wrap  rted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  () () () () () () () () () () () () ()	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Companie Fruit & Yogurt Par Fresh Orange Sliced Peaches Fresh Apple		
Frait Stan	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Available Daily: Garden S  Fresh Orange Sliced Peaches	Turkey Club Wrap Preted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Presh Orange Sliced Peaches	simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  d, Organic Fruit & Yogurt Par  Fresh Orange Sliced Peaches		
XPRESS	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Available Daily: Garden S  Fresh Orange Sliced Peaches Side Salad	Turkey Club Wrap Priced Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit alad, Chef Salad, Caesar Salad  Fresh Orange Sliced Peaches Side Salad	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Companie Fruit & Yogurt Par Fresh Orange Sliced Peaches Fresh Apple		
XPRESS	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Available Daily: Garden S  Fresh Orange Sliced Peaches Side Salad Homemade Lite Veggie	Turkey Club Wrap orted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  alad, Chef Salad, Caesar Salad Fresh Orange Sliced Peaches Side Salad Homemade Lite Veggie	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Companie Fruit & Yogurt Par Fresh Orange Sliced Peaches Fresh Apple Homemade Lite Veggie		
Frait AND KPRESS	Chicken Salad Wrap  Available Daily: Asso  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Available Daily: Garden S  Fresh Orange Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad	Turkey Club Wrap Parted Boars Head cold cuts  Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Palad, Chef Salad, Caesar Salad  Fresh Orange Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Companie Fruit & Yogurt Par  Fresh Orange Sliced Peaches Fresh Apple Homemade Lite Veggie Pasta Salad		



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distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of 1%, fat free or flavored milk & a grain. \*\*\*\*Consuming raw or under oultry, seafood, shellfish or eggs may increase your risk of food borne illness, a have certain medical conditions. Menu is subject to change, notice posted WHITSON











Welcome to our Lunch Cafe

12/27/2021 - 12/31/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	WINTER				
World TA	RECESS!				
6 MARKET	SCHOOL CLOSED				
	929519				
cucina Cucina					
	Available Daily: Chees	e Pizza, Pepperoni Pizza a	and a Special Calzone or F	Pizza all featuring whole gr	ain rich pizza dough
Coyote GRILL					
	Available Daily: Nachos	, Cripsy and Soft Tacos, N	Mexi-Rice with your choice	e of Mexi Beef, Mexi Chick	en, Mexi Veg, Refried
Miss RUBY'S GRILL					
	Available Daily: Han	nburgers, Cheeseburgers,	Turkey Burgers, Veggie I	Burgers, Chicken Patties a	nd Spicy Chicken
Great SAMERICAN					
	Available Daily: As	ssorted Boars Head co	old cuts, cheeses and	whole grain rich bread	rolls and wraps
Frait AND EXPRESS					
	Available Daily: Garden	Salad, Chef Salad, Caesa	Salad. Includes whole wh	neat dinner roll and your c	hoice of fruit and milk
Healthy					
	Variety of Veggies, Legun	nes, Fruit & Fresh Fruit Av	ailable Daily. Choice of Mi	lk is included with all meal	S.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the

App Store or Google Play, and view your

menu on your mobile device anywhere.

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The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. \*\*\*\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, WHITSONS when available. This institution is an equal opportunity provider.









