Welcome to our Lunch Cafe

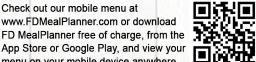
11/1/2021 - 11/5/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
World T. T. S. MARKET	Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Crispy Potato Puffs Green Beans	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce Brown Rice Steamed Broccoli	Whole Grain Waffles with Sausage light and crispy waffles served with a sausage patty Crispy Potato Puffs Sauteed Cinnamon Apple Slices	Grilled Cheese Bar Sweet Potato Fries Spiced Roasted Green Beans w/ Parmesan	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta (2014) Homemade Garlic Bread	
2ª CUCINA	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp	Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses	
	Available Dally: Chees	e Pizza, Pepperoni Pizza a	and a Special Calzone or P	izza ali featuring whole gr	ain rich pizza dough	
Coyote GRILL	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Sweet Corn Brown Rice	Mexican Salad salad with beans, corn, sour cream, and salsa 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	Mexican Salad salad with beans, corn, sour cream, and salsa Sour Cream, and Salsa Sour Cream, and Salsa Sour Cream, and Salsa	
	Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,					
Miss RUBY'S GRILL	Ruby's Chicken Cordon Bleu handcrafted sandwich with moist chicken breast ,thinly sliced ham, cheese, and crisp lettuce between a soft bun	Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers P Sweet Potato Fries	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared inhouse	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a	Smokehouse Pulled Pork Sandwich smokehouse pulled port on a roll with cole slaw Sweet Potato Fries	
	Available Daily: Ha		s, Veggie Burgers, Chicke	en Patties and Spicy Chick	ken Sandwiches	
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar	
Great SAMERICAN SAMERICA CO.	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Wrap*	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Roast Beef Wrap	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Teriyaki Chicken	
	Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
Frait &	Garden Salad with Cheese Entree fresh garden salad topped with cheese	Classic Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions (?)	Garden Salad with Chicken Salad chicken salad on a bed of lettuce, cucumbers, carrots and tomatoes	Spinach Salad spinach topped with crumbled bacon, mushrooms, and red onion (P)	Buffalo Chicken Salac with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	
	Available Daily: Garden Sa	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll	
Healthy	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Fresh Melon Cup	Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Kiwi	Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggi Pasta Salad	
A	Variety of Veggies, Legun	nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mil	k is included with all meals	S.	
Whitsons is Sim	ply Rooted® in food and fam	ily and The USDA has a	pproved FREE breakfast and lun	ch for all students attending sch	nools on the NSLP/SBP for	



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

menu on your mobile device anywhere.



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 loultry, seafood, shellfish or eggs may increase your risk of food borne illness, u have certain medical conditions. Menu is subject to change, notice posted WHITSON











Welcome to our Lunch Cafe

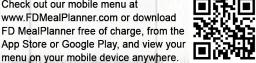
11/8/2021 - 11/12/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Pasta, Pasta, Pasta	Meatloaf with Gravy	Pacific Rim Chicken		Chicken with Gravy
	pasta with the sauce of	savory beef meatloaf with	baked chicken in a sweet	* +	roasted chicken covere
	your choice: Alfredo,	a hearty brown gravy 🤭	and sour sauce	✓ ¥ BTF15	with gravy
11101 🐨 📨 📗	marinara or bolognese	Fluffy Mashed	Brown Rice	METERANE	Fluffy Mashed
World 🏋 🤻 📗	Roasted Squash	Potatoes	Vegetable Egg Roll	4 7 7	Potatoes
🖔 market 🚺	Homemade Garlic	Green Beans		DAY	Green Beans
	Bread				Caulia Chasaa Biaswit
				A STATE OF	Carlic Cheese Biscuit
	Hawaiian Pizza	Hand Crafted Three	Children		
	ham and pineapple	Cheese Pizza	Chicken		Buffalo Mac &
NA CHARLES AND AND ADDRESS OF THE PERSON NAMED IN COLUMN TO ADDRESS OF THE PER	chunks over a cheese	fresh dough layered with	۸ ا <i>د</i> ا .		
la la	pizza slice <page-header></page-header>	sauce, topped with ricotta, mozzarella, and	Alfredo		Cheese
CUCINA I	FR9	Parmesan cheeses 🕡	D:		Pizza
WENT	315	Pairriesair Crieeses	Pizza		
TO VICE	ailable Daily: Chees	e Pizza, Pepperoni Pizza a	nd a Special Calzone or P	izza all featuring whole	grain rich pizza dough
MUNI	Crispy Tacos	Mexican Salad	Crispy Tacos	3	Nachos Grande
	homemade spicy taco	salad with beans, corn,	homemade spicy taco		tortilla chips topped wit
	meat inside a crispy taco	sour cream, and salsa	meat inside a crispy taco		freshly prepared mex
a / A	shell topped with cheese		shell topped with cheese		style meat and cheese
Poyote _ 🔨 📗	Brown Rice	Brown Rice	Sweet Corn		.,
4 GRILL I	Sweet Corn	Sweet Corn			
V					
	Available Daily: Nacl	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	ef, Chicken, Cheese an	d Shredded Lettuce,
	Sausage Onions &	Smokehouse Pulled	BBQ Chicken		Chicken Club
	Peppers Sandwich	Pork Sandwich	Sandwich		Sandwich
	Italian sausage sandwich	smokehouse pulled pork	warm baked chicken		hand crafted sandwic
Miss 🔝 🛮	topped with sauteed	on a roll with cole slaw	smothered in BBQ sauce		with grilled chicken,
NIBV'S TO	onions and peppers [9	on a bun and prepared in-		crispy bacon, lettuce a
GRILL	>	Sweet Potato Fries	house Sweet Potato Fries		juicy tomatoes
	Sweet Potato Fries	amburgers, Cheeseburgers		on Pottice and Snicy Chi	Sweet Potato Fries
	Deli Bar	Deli Bar	Deli Bar	en Patties and Spicy Chi	Deli Bar
	an assortment of cold	an assortment of cold	an assortment of cold		an assortment of cold
	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,		cuts, cheeses,
	condiments and breads.	condiments and breads,	condiments and breads,		condiments and bread
Great 🥪 📗	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create		rolls, or wraps to creat
AMERICAN	your own sandwich	your own sandwich	your own sandwich		your own sandwich
SANDWICH CO.	Chicken Salad Wrap	Turkey Club Wrap 🔒	Chicken Salad Wrap		Chicken Salad Wra
At .	•	rted Boars Head cold cuts		heeses and whole grain	
	Chicken Caesar Salad	Simply Boxed Yogurt	Buffalo Chicken Salad	3	Simply Boxed Belgia
	fresh romaine topped with	Power Pack	with Dinner Rolls		Waffle Bites
	parmesan cheese,	freshly made meal with	spicy chicken on a bed of		freshly prepared grab a
Thail Ma	chicken, and croutons	yogurt, diced cheese,	romaine lettuce with		go meal featuring crea
Frait &	with dinner rolls 🤒	granola and dried fruit 🍘	cucumbers, carrots and		yogurt, whole grain
express 🛮			tomatoes 🤔		Belgian waffle bites,
					sunflower protein and
	Available Daily: Garden S	alad, Chef Salad, Caesar Salad	d, Organic Fruit & Yogurt Par	fait and Smoothies Include	s whole wheat dinner roll
	Fresh Apple	Fresh Orange	Fresh Orange		Fresh Orange
	Sliced Peaches	Sliced Peaches	Mixed Fruit		Sliced Peaches
	Potato Salad	Potato Salad	Potato Salad		Potato Salad
The second secon	Side Salad Homemade Lite Veggie	Side Salad	Side Salad Homemade Lite Veggie		Side Salad
Floodth		Homemade Lite Veggie Pasta Salad	Homemade Lite Veggle Pasta Salad		Homemade Lite Vego Pasta Salad
Healthy		Fasia Salau	rasia Salau		rasia saiau
Healthy MARVEST 9	Pasta Salad	. aota oalaa			
Healthy		nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mil	k is included with all me	als.



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Welcome to our Lunch Cafe

11/15/2021 - 11/19/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World TT	Herb Roasted Chicken Fluffy Mashed Potatoes Baked Beans Garlic Cheese Biscuit	Roasted Turkey with Gravy oven roasted turkey breast smothered with gravy Fluffy Mashed Potatoes Steamed Broccoli Cranberry Sauce	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy Steamed Peas	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta () () Homemade Garlic Bread Green Beans	Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Sauteed Cinnamon Apple Slices
CUCINA	Meatball Pizza cheese pizza topped with sliced meatball	Taco Pizza	BBQ Chicken 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: Chees	e Pizza, Pepperoni Pizza a	nd a Special Calzone or P	izza all featuring whole gr	ain rich pizza dough
Coyote GRILL	Cheese Quesadilla freshly 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	Mission Burrito authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell	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: Nacl	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Bee	ef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S GRILL	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & 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: Ha	amburgers, Cheeseburger	s, Veggie Burgers, Chicke	en Patties and Spicy Chicl	ken Sandwiches
Great SAMERICAN SAMOWICH CO.	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
	Simply Boxed Belgian	Antipasto Salad with	Chicken Caesar Salad	Cobb Salad	Classic Chef Salad
Frait AND EXPRESS	Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and	Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	fresh lettuce topped with sliced deli meats and cheeses P
	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
Healthy,	Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches Potato Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie	Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
	Variety of Veggies, Legur	nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mil	k 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.

ry. All functies include a mean of mean alternace, choice flavored milk & a grain. ****Consuming raw or under ish or eggs may increase your risk of food borne illness, conditions. Menu is subject to change, notice posted









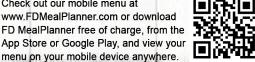
Welcome to our Lunch Cafe

11/22/2021 - 11/26/2021

Contract of the Contract of th	Monday Chicken with Gravy	Tuesday Homemade Pasta &	Wednesday	Thursday	Friday
World ** MARKET	roasted chicken covered with gravy Fluffy Mashed Potatoes Steamed Carrots Dinner Rolls	Meatballs freshly baked meatballs with tomato sauce over pasta 👸 🚱 Homemade Garlic Bread Green Beans	THANKSGIVING BREAK	TRANKSGIVING	HAPPY THANKSGIVING!
S MENTESS	Spinach & Chicken Pizza	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses			
MUNUS	Available Daily: Chees	se Pizza, Pepperoni Pizza	and a Special Calzon or Pi	zza ali featuring whole	grain rich pizza dough
oyote GRILL	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			
	Available Daily: Nac	hos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Bee	ef, Chicken, Cheese a	nd Shredded Lettuce,
Miss PUBY'S	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries			
		amburgers, Cheeseburger	rs, Veggie Burgers, Chicke	en Patties and Spicy Cl	hicken Sandwiches
	Deli Bar	Deli Bar			1
Great SAMERICAN	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap 👸			
	Available Daily: Asso	rted Boars Head cold cuts	s, popcorn chicken, tuna, c	heeses and whole grai	in rich bread, rolls and
Frait Sw EXPRESS	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit			
	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Par	fait and Smoothies Includ	les whole wheat dinner roll
11 011	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie			
Healthy	Pasta Salad	Pasta Salad			



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11/29/2021 - 11/30/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Buffalo Chicken and	Turkey & Cheese			
	Cheese Quesadilla	Panini			
THE RESERVE OF THE PERSON NAMED IN COLUMN 1	fiesta style chicken and	turkey, cheese, lettuce			
1110001 8 30 1	cheddar cheese inside a	and tomato panini grilled			
World 🗺	grilled folded tortilla	to perfection 🤭			
MARKET .	spread with hot sauce	Crispy Potato Puffs			
	Brown Rice	. ,			
	Sauteed Corn & Black				
	Bean Salsa				
	Homemade Meatball	White Pizza			
	Calzone	freshly made pizza dough			
	fresh dough lightly	brushed with garlic and			
1-	brushed with garlic and	oil, topped with			
la A A	oil sauce made from	mozzarella cheese.			
CU GIIV	scratch, rolled with low	baked to perfection 🌠			
	fat seasoned ricotta and	baked to perfection			
and the same of th				1	
203150	Available Daily: Chees	e Pizza, Pepperoni Pizza a	and a Special Calzone or	Pizza all featuring whole	grain rich pizza dough
11-11-20	Nachos Grande	Crispy Tacos			
	tortilla chips topped with	homemade spicy taco			
" LONDIN	freshly prepared mexi	meat inside a crispy taco			
	style meat and cheese	shell topped with cheese			
oyc Marie	Brown Rice	Brown Rice			
G. WILL	Sweet Corn	Sweet Corn			
3144					
	Available Daily: Nachos	, Cripsy and Soft Tacos, I	Mexi-Rice with your choi	ce of Mexi Beef, Mexi Chi	cken, Mexi Veg, Refried
	Meatball Hero	Philly Cheese Steak			
	freshly baked meatballs	thinly sliced beef topped			
	mixed in a rich tomato	with sauteed peppers,			
m:	sauce inside a soft roll	onions and melted			
Miss 🔷	topped with melted	cheese on a lightly			
uby's 🌄 👢	mozzarella 🤔 🚷	toasted bun prepared in-			
GRILL	Sweet Potato Fries	house 🤔			
		nburgers, Cheeseburgers	Turkov Purgoro Voggio	Burgara Chieken Betties	and Spicy Chickon
			, Turkey Burgers, veggie	Burgers, Chicken Patties	s and Spicy Chicken
	Deli Bar	Deli Bar			
		an assortment of cold			
	an assortment of cold				
	cuts, cheeses,	cuts, cheeses,			
Proct	cuts, cheeses, condiments and breads,	condiments and breads,			
reat	cuts, cheeses, condiments and breads, rolls, or wraps to create				
reat SAN	cuts, cheeses, condiments and breads,	condiments and breads,			
reat SAMERICAN	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich	condiments and breads, rolls, or wraps to create your own sandwich			
reat SAN AMERICAN	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As	condiments and breads, rolls, or wraps to create your own sandwich	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
reat SAN AMERICAN SANOVICH CO.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
reat SANAMERICAN	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
Treat AMERICAN SANOVICH CO.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken,	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
AMERICAN Sandwich co.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese,	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
Preat SAMERICAN	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken,	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
AMERICAN Sandwich co.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese,	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
AMERICAN Sanowich co.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese,	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and	old cuts, cheeses and	whole grain rich brea	nd, rolls and wraps
AMERICAN Sanowich co.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and	41 4 11 4		
AMERICAN Sanowich co.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Power Pack fruit Power Pack Granola and dried fruit Power Pack Granola Barbard Fr	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	41 4 11 4		
AMERICAN SANOWICH CO.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Available Daily: Garden Fresh Orange	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	41 4 11 4		
AMERICAN SANOWICH CO.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit fresh Orange Sliced Peaches	condiments and breads, rolls, or wraps to create your own sandwich ssorted Boars Head co Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Salad, Chef Salad, Caesa Fresh Orange Sliced Peaches	41 4 11 4		
Frait SAN XPRESS	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Available Daily: Garden Fresh Orange Sliced Peaches Potato Salad	condiments and breads, rolls, or wraps to create your own sandwich SSORTED BOARS HEAD CO Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Salad, Chef Salad, Caesa Fresh Orange Sliced Peaches Potato Salad	41 4 11 4		
Frait AMERICAN	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Fresh Orange Sliced Peaches Potato Salad Side Salad	condiments and breads, rolls, or wraps to create your own sandwich SSORTED BOARS HEAD CO Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Salad, Chef Salad, Caesa Fresh Orange Sliced Peaches Potato Salad Side Salad	41 4 11 4		
Frait SEXPRESS	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Fresh Orange Sliced Peaches Potato Salad Side Salad side salad with tomato	condiments and breads, rolls, or wraps to create your own sandwich SSORTED BOARS HEAD CO Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Salad, Chef Salad, Caesa Fresh Orange Sliced Peaches Potato Salad Side Salad side salad with tomato	41 4 11 4		
Frait SAMEXPRESS	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Fresh Orange Sliced Peaches Potato Salad Side Salad side salad with tomato and cucumber	condiments and breads, rolls, or wraps to create your own sandwich SSORTED BOARS HEAD CO COBB Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Salad, Chef Salad, Caesa Fresh Orange Sliced Peaches Potato Salad Side Salad side salad with tomato and cucumber	41 4 11 4		
Frait SAMEXPRESS	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Available Daily: As Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Available Daily: Garden Fresh Orange Sliced Peaches Potato Salad Side Salad side salad with tomato and cucumber Homemade Lite Veggie	condiments and breads, rolls, or wraps to create your own sandwich SSORTED BOARS HEAD CO Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Salad, Chef Salad, Caesa Fresh Orange Sliced Peaches Potato Salad Side Salad side salad with tomato	r Salad. Includes whole v	wheat dinner roll and your	choice of fruit and mill



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

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 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, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.









