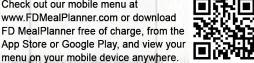
Welcome to our Lunch Cafe

11/1/2021 - 11/5/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
World 🗺	Chicken and Waffles crispy chicken placed on top of fluffy waffles	Crispy Tacos homemade spicy taco meat inside a crispy taco	Pasta with Meat Sauce freshly cooked pasta with meat sauce (%)	Chicken Nugget & Mozzarella Stick Combo	Nachos Grande tortilla chips topped with freshly prepared mexi	
6 MARKET	Sauteed Cinnamon Apple Slices Crispy Potato Puffs	shell topped with cheese Soft Tacos Chicken Fajita Wrap	Green Beans Homemade Garlic	Crispy chicken nuggets and gooey mozzarella sticks served with dipping	style meat and cheese	
Coyote	Ghispy Founte Fulls	Brown Rice Fiesta Corn	Bread	sauce &  Homemade Garlic  Bread	Brown Rice Fiesta Corn	
1ª CUCINA	Cheeseburger Pizza	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice	Bacon Pizza handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces	White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball	
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or Piz	zza all featuring whole gra	nin rich pizza dough	
	Grilled Cheese	Double Bacon Burger	Smokehouse Pulled	Chicken Parmesan	Grilled Cheese	
Miss 🗪	Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-	two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Baked Potato Wedges	Pork Sandwich smokehouse pulled pork on a roll with cole slaw	Sandwich warm chicken patty smothered in tomato sauce, topped with	Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-	
RUBY'S	house  Baked Potato Wedges	Banea : otato vvoages	Sweet Potato Fries	melted cheese assembled in-house on a	house  Baked Potato Wedges	
	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	Deli Bar an assortment of cold	Deli Bar an assortment of cold cuts, cheeses,	Deli Bar an assortment of cold	Deli Bar an assortment of cold cuts, cheeses,	Deli Bar an assortment of cold cuts, cheeses,	
Great S	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich	condiments and breads, rolls, or wraps to create your own sandwich	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich	condiments and breads, rolls, or wraps to create your own sandwich	condiments and breads, rolls, or wraps to create your own sandwich	
SANDWICH CO.	Chicken Caesar Wrap	Turkey Club Wrap 🤭	Roast Beef Sandwich	Ham & Cheese	Turkey Club Wrap 🤔	
	Chicken Caesar Salad	Garden Salad with	Chicken Caesar Salad	Classic Chef Salad	Buffalo Chicken Salad	
Frait Star EXPRESS	fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Cheese Entree fresh garden salad topped with cheese	fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	fresh lettuce topped with sliced deli meats and cheeses p	with Dinner Rolls spicy chicken on a bed or romaine lettuce with cucumbers, carrots and tomatoes	
	Available Daily: Garder	n Salad. Chef Salad. Caesa	ar Salad & Organic Fruit ar	nd Yogurt Parfait. Includes	s whole wheat dinner	
	Applesauce	Fresh Apple	Fresh Apple	Applesauce	Fresh Apple	
	Sliced Peaches Potato Salad Side Salad	Side Salad Potato Salad Homemade Lite Veggie	Side Salad Potato Salad Homemade Lite Veggie	Sliced Peaches Potato Salad Side Salad	Side Salad Potato Salad Homemade Lite Veggie	
Healthy	Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad	Pasta Salad Baby Carrots	Pasta Salad	Confetti Garbanzo Bean Salad Homemade Lite Veggie	Pasta Salad Baby Carrots	
ì	Pasta Salad Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits					
Whiteons is Sim	nply 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













Welcome to our Lunch Cafe

11/8/2021 - 11/12/2021

Cal .	Monday	Tuesday	Wednesday	Thursday	Friday
World 🗺	Chicken Nuggets crispy breaded chicken nuggets perfect for	Crispy Tacos homemade spicy taco meat inside a crispy taco	Pasta with Meat Sauce freshly cooked pasta with meat sauce	***	Nachos Grande tortilla chips topped with freshly prepared mexi
& MARKET	dipping in your favorite sauce	shell topped with cheese Soft Tacos	Homemade Garlic	METERANS	style meat and cheese
Coyote A	Green Beans	Chicken Fajita Wrap	Bread Green Beans	DAY	Brown Rice
GRILL	Dinner Rolls Sweet Potato Fries	Brown Rice Fiesta Corn			Fiesta Corn
	Sausage Pizza traditional pizza slice	Meat Lovers Pizza freshly made pizza			French Bread Pizza toasted French bread
1-	topped with sausage 🤔	topped with mozzarella cheese, sausage,	Cheeseburger		topped with pizza sauce and melted cheese 🕡
CUCINA		pepperoni and meatball	Pizza		B)
	Available Daily: Chees		and Special Calzone or Pi	zza all featuring whole gra	ain rich pizza dough
	Grilled Cheese Sandwich	Double Bacon Burger two juicy all beef patties	Buffalo Chicken Sandwich		Smokehouse Pulled Pork Sandwich
	golden toasted bread with	topped with crisp bacon,	warm sandwich prepared		smokehouse pulled port
Miss A	melted gooey cheese pressed and prepared in-	cheese, on a soft bun	in-house with spicy marinated chicken breast.		on a roll with cole slaw
RUBY'S	house 🕜		crisp lettuce and sliced		Sweet Potato Fries
GRILL	Baked Potato Wedges		tomato 🤔		
	Deli Bar		Cheeseburgers, Veggie I	Burgers, & Chicken Patties	S. Deli Bar
	an assortment of cold	Deli Bar an assortment of cold	Deli Bar an assortment of cold		an assortment of cold
	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,		cuts, cheeses,
Great	condiments and breads, rolls, or wraps to create	condiments and breads, rolls, or wraps to create	condiments and breads, rolls, or wraps to create		condiments and breads rolls, or wraps to create
AMERICAN	your own sandwich	your own sandwich	your own sandwich		your own sandwich
SANDWICH CO.	Ham & Cheese	Turkey Club Wrap 🤔	Tuna Salad Wrap* 🤔		Buffalo Chicken Wrap
			cken, tuna, cheeses &	whole grain bread, ro	-
	Classic Chef Salad fresh lettuce topped with	Garden Salad with Cheese Entree	Chicken Caesar Salad fresh romaine topped with		Garden Salad with Cheese Entree
	sliced deli meats and	fresh garden salad	parmesan cheese,		fresh garden salad
Frait Sten	cheeses 🕑 🤔	topped with cheese 🕜	chicken, and croutons		topped with cheese 🅜
EXPRESS		<b>&gt;</b>	with dinner rolls 🤔		
	Available Daily: Garder	Salad, Chef Salad, Caesa	ar Salad & Organic Fruit a	nd Yogurt Parfait. Include	s whole wheat dinner
	Applesauce Sliced Peaches	Fresh Apple Side Salad	Applesauce Sliced Peaches		Applesauce Sliced Peaches
	Potato Salad	Potato Salad	Potato Salad		Potato Salad
di ou	Side Salad	Homemade Lite Veggie	Side Salad		Side Salad
Healthy	Confetti Garbanzo Bean Salad	Pasta Salad	Confetti Garbanzo Bean Salad		Confetti Garbanzo Bean Salad
HARVEST O	Homemade Lite Veggie		Homemade Lite Veggie		Homemade Lite Vegg
	Pasta Salad	d Veggies available daily -	Pasta Salad Pasta Salad, Caesar Salad,	Tossed Salad, Cupped Fru	Pasta Salad uits & Fresh Fruits
	MEATLESS MONDAY				
Whitsons is Sim	nply Rooted® in food and fam		pproved FREE breakfast and lur chool year. Menu selections may		

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.



Pork









Welcome to our Lunch Cafe

11/15/2021 - 11/19/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
	General Tso's Chicken	Roasted Turkey with	Chicken Parmesan	Chicken Nuggets	Nachos Grande	
	crispy chicken with	Gravy	Over Pasta	crispy breaded chicken	tortilla chips topped wit	
World 🟋 🤻 📗	broccoli in General Tso's	oven roasted turkey	oven baked chicken	nuggets perfect for	freshly prepared mex	
\delta Market 🚪	sauce 🤗	breast smothered with	topped with sauce and	dipping in your favorite	style meat and cheese	
	Brown Rice	gravy	melted cheese, all over	sauce	esyre meat and emeses	
		Steamed Broccoli	pasta 🤔 🚷	Oven Baked Fries		
Coyote 🔨 📗	Vegetable Egg Roll	Fluffy Mashed		Sweet Corn	Brown Rice	
GRILL		Potatoes	Green Beans		Fiesta Corn	
		Polatoes	Homemade Garlic	Dinner Rolls		
			Bread			
	French Bread Pizza	Meat Lovers Pizza	Hand Crafted Buffalo	Bacon Pizza	Chicken Pizza	
	toasted French bread	freshly made pizza	Chicken Pizza	handmade pizza topped	pizza topped with	
	topped with pizza sauce	topped with mozzarella	fresh dough layered with	with sauce, melted	mozzarella cheese an	
1	and melted cheese 🕡	cheese, sausage,	sauce, topped with	mozzarella and crispy	chicken 🤗	
2a Maria	and monod checoe	pepperoni and meatball	cheese and Buffalo	bacon pieces 🤔	Ginerion (a)	
CUCINA	<b>3</b>			bacon pieces		
		P 🥟	chicken pieces and			
			baked until crisp 🤔			
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or Piz	zza all featuring whole gra	in rich pizza dough	
	Grilled Cheese	Smokehouse Pulled	BBQ Chicken	Sausage, Egg and	Double Bacon Burge	
	Sandwich	Pork Sandwich	Sandwich	Cheese Sandwich	two juicy all beef patti	
	golden toasted bread with	smokehouse pulled pork	warm baked chicken	a warm sandwich	topped with crisp bacc	
m·	melted gooey cheese	on a roll with cole slaw	smothered in BBQ sauce	prepared in-house with	cheese, on a soft bu	
Miss 👝 📗	pressed and prepared in-	P	on a bun and prepared in-	savory sausage, fluffy	Sweet Potato Fries	
UBV'S RES			house	eggs and melted cheese	OWCCLI Glato i Het	
GRILL	house 🅜	Sweet Potato Fries	Sweet Potato Fries	Sweet Potato Fries		
A Comment of the Comm	Aus	ilahla Daihu Hambumaan				
	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	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	
	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	
0,1	condiments and breads,	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 create	rolls, or wraps to crea	
'american 📗	your own sandwich	your own sandwich	your own sandwich	your own sandwich	your own sandwich	
SANDWICH CO.			Chicken Caesar Wrap			
	Roast Beef Sandwich	Buffalo Chicken Wrap	CHICKEH CAESAL WHAD I	Ham & Cheese vyrab	Chicken Salad vyra	
	Roast Beef Sandwich  Daily: Boars Head of	Buffalo Chicken Wrap		Ham & Cheese Wrap		
	Daily: Boars Head o	old cuts, popcorn chi	cken, tuna, cheeses &	whole grain bread, ro	lls and wraps with	
	Daily: Boars Head of Classic Chef Salad	cold cuts, popcorn chic	Classic Chef Salad	whole grain bread, ro Chicken Caesar Salad	Ils and wraps with  Garden Salad with	
N. S.	Daily: Boars Head of Classic Chef Salad fresh lettuce topped with	Garden Salad with Cheese Entree	Classic Chef Salad fresh lettuce topped with	whole grain bread, ro Chicken Caesar Salad fresh romaine topped with	Ils and wraps with  Garden Salad with  Cheese Entree	
	Daily: Boars Head of Classic Chef Salad fresh lettuce topped with sliced deli meats and	Garden Salad with Cheese Entree fresh garden salad	Classic Chef Salad fresh lettuce topped with sliced deli meats and	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese,	Garden Salad with Cheese Entree fresh garden salad	
Angit was	Daily: Boars Head of Classic Chef Salad fresh lettuce topped with	Garden Salad with Cheese Entree	Classic Chef Salad fresh lettuce topped with	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons	Garden Salad with Cheese Entree fresh garden salad	
Frait Aug	Daily: Boars Head of Classic Chef Salad fresh lettuce topped with sliced deli meats and	Garden Salad with Cheese Entree fresh garden salad	Classic Chef Salad fresh lettuce topped with sliced deli meats and	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese,	Garden Salad with Cheese Entree fresh garden salad	
Frait & EXPRESS	Daily: Boars Head of Classic Chef Salad fresh lettuce topped with sliced deli meats and	Garden Salad with Cheese Entree fresh garden salad	Classic Chef Salad fresh lettuce topped with sliced deli meats and	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons	Garden Salad with Cheese Entree fresh garden salad	
Frait & EXPRESS	Daily: Boars Head of Classic Chef Salad fresh lettuce topped with sliced deli meats and	Garden Salad with Cheese Entree fresh garden salad	Classic Chef Salad fresh lettuce topped with sliced deli meats and	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons	Garden Salad with Cheese Entree fresh garden salad	
Frait See	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses	Garden Salad with Cheese Entree fresh garden salad topped with cheese	Classic Chef Salad fresh lettuce topped with sliced deli meats and	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Garden Salad with Cheese Entree fresh garden salad topped with cheese	
Frait Sw EXPRESS	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Available Daily: Garder	Garden Salad with Cheese Entree fresh garden salad topped with cheese	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Market Parfait. Includes  Fresh Orange	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner Fresh Granny Smith	
Frait Sign	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Available Daily: Garder Fresh Grapes Mixed Fruit	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Salad, Chef Salad, Caesa Applesauce Sliced Peaches	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  March Yogurt Parfait. Includes  Fresh Orange Mixed Fruit	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple	
Frait Sam EXPRESS	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Available Daily: Garder	Garden Salad with Cheese Entree fresh garden salad topped with cheese	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Market Parfait. Includes  Fresh Orange	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner Fresh Granny Smit	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P)  Available Daily: Garder  Fresh Grapes Mixed Fruit Side Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Salad, Chef Salad, Caesa Applesauce Sliced Peaches	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  March Yogurt Parfait. Includes  Fresh Orange Mixed Fruit	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Available Daily: Garder Fresh Grapes Mixed Fruit	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Salad, Chef Salad, Caesa Applesauce Sliced Peaches Potato Salad	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  March Caesar Salad fresh Orange Mixed Fruit Potato Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (2) (2)  Available Daily: Garder  Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  March Caesar Salad Fresh Orange Mixed Fruit Potato Salad Side Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  s whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (2) (2)  Available Daily: Garder  Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Salad, Chef Salad, Caesa Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie	Garden Salad with Cheese Entree fresh garden salad topped with cheese  s whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veg Pasta Salad	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veg Pasta Salad	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veg Pasta Salad	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Vege Pasta Salad	
Healthy	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smitt Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Vege Pasta Salad	
Healthy	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smitt Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Vege Pasta Salad	
EXPRESS'	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Vege Pasta Salad	
Healthy Healthy	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Vege Pasta Salad	
Healthy Healthy	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese   whole wheat dinner  Fresh Granny Smitt Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Vegg Pasta Salad	
Healthy Healthy	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) (Available Daily: Garder Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Tresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  Tresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Garden Salad with Cheese Entree fresh garden salad topped with cheese  whole wheat dinner  Fresh Granny Smit Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veg Pasta Salad	



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/SBF 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 WHITSONS when available. This institution is an equal opportunity provider.











Welcome to our Lunch Cafe

11/22/2021 - 11/26/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World TO MARKET  Coyote  GRILL	Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Oven Baked Fries Sweet Corn French Bread Pizza	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap  Brown Rice Fiesta Corn  Meat Lovers Pizza	Thanksgiving Break	TRANKSGIVING	Happy Thanksgiving
CUCINA	toasted French bread topped with pizza sauce and melted cheese	freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball  P	and Special Calzone or P	izza all featuring whole g	ain rich pizza dough
Miss RUBY'S GRILL	Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house Sweet Potato Fries	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella	, Cheeseburgers, Veggie		
Great SAMERICAN	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Wrap* Daily: Boars Head of	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Egg Salad Wrap  cold cuts, popcorn chi	cken, tuna, cheeses &	whole grain bread, re	olls and wraps with
Frait And EXPRESS	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses	Garden Salad with Cheese Entree fresh garden salad topped with cheese		ad Vascat Desfeit landed	
Healthy	Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad	Potato Salad, Caes  Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad Strawberry Cup	ar Salad & Organic Fruit a	nd Yogurt Parrait. Include	es whole wheat dinner
Healthy HARVEST 9	Ply Rooted® in food and fam		approved FREE breakfast and lui		

Description of the control of the co

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

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 PREE breakfast and funch for all students attending schools on the NSLP/SBF 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 WHITSONS when available. This institution is an equal opportunity provider.











Welcome to our Lunch Cafe

11/29/2021 - 11/30/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World T	Whole Grain Waffles with Sausage light and crispy waffles served with a sausage	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese			
Coyote GRILL	patty Crispy Potato Puffs	Brown Rice Sauteed Corn & Black Bean Salsa			
de CUCINA	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and	Crispy Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon			
	baked until crisp	Name Dimo Dannanani D	inna and Vanatable Dinna		iah mima dayah
	,		izza and vegetable Pizza	all featuring whole grain r	ich pizza dough
	Cordon Bleu Griller hand crafted cordon bleu	Grilled Cheese Sandwich			
	sandwich with a crispy	golden toasted bread with			
Miss A	chicken tender topped	melted gooey cheese pressed and prepared in-			
RUBY'S	with thinly slice ham, Swiss cheese, and	pressed and prepared in- house 🕜			
GRILL	mustard and grilled to	Sweet Potato Fries			
	Available Daily: Han	nburgers, Cheeseburgers	Turkey Burgers, Veggie	Burgers, Chicken Patties	and Spicy Chicken
	Deli Bar	Deli Bar			
	an assortment of cold cuts, cheeses,	an assortment of cold cuts, cheeses,			
p. 1	condiments and breads,	condiments and breads,			
Great	rolls, or wraps to create	rolls, or wraps to create			
SANDWICH CO.	your own sandwich Tuna Salad Wrap* 🙌	<i>your own sandwich</i> Honey Mustard			
		Ol-!-I \\\\ \\\	l old cuts, cheeses and	whole grain rich bread	l, rolls and wraps
	Classic Chef Salad	Garden Salad with	4 1 1 4	<u> </u>	
	fresh lettuce topped with	Cheese Entree			
	sliced deli meats and	fresh garden salad			
Frait See	cheeses <page-header> 🤌</page-header>	topped with cheese 🅜			
	Available Daily: Garden	Salad, Chef Salad, Caesa	r Salad. Includes whole w	I wheat dinner roll and your	I choice of fruit and milk
	Fresh Orange	Fresh Orange		1	İ
	Applesauce	Applesauce			
	Fresh Apple Potato Salad	Fresh Apple Sliced Peaches			
Healthy	Side Salad	Side Salad			
HARVEST O	side salad with tomato	side salad with tomato and cucumber			
	and cucumber	Homemade Lite Veggie			
		Pasta Salad			
Healthy	MEATLESS MONDAY				
	140				
Whiteons is Sim	nply Rooted® in food and fam	ily and The USDA has a	nnroyed FREE breakfast and li	unch for all students attending so	shools on the NSI B/SBB for



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 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.









