#### Welcome to our Lunch Cafe

1/1/2020 - 1/3/2020

ME	Monday	Tuesday	Wednesday	Thursday	Friday
World 🔭				Spicy Chicken Tenders whole muscle spicy chicken tenders Fluffy Mashed Potatoes Cajun Maple Carrots	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy
				Garlic Cheese Biscuit	Homemade Garlic Bread
				Pepperoni Calzone	Buffalo Chicken
cucina Cucina				Calzone	Calzone
	Available Daily: Chees	se Pizza, Pepperoni Pizza	a and a Special Calzon or F	Pizza all featuring whole gra	
Coyote GRILL				Mexican Salad salad with beans, corn, sour cream, and salsa	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn
	Available Daily: Nac	nos, Cripsy & Soft Tacos	, Taco Bowls with Mexi Bo	eef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S GRILL				Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella (>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll Sweet Potato Fries
	Available Daily: H	amburgers, Cheeseburge	ers, Veggie Burgers, Chicl	ken Patties and Spicy Chicl	ken Sandwiches
Great SAMERICAN				Deli Bar Grilled Cheese Sandwich 🏈	Deli Bar Big Bird Panini 🥱
	Available Daily: Asso	rted Boars Head cold cu	ts, popcorn chicken, tuna,	cheeses and whole grain r	
Frait Allen EXPRESS				Simply Boxed Vegan Hummus Pack freshly packed meal with hummus, crispy pita chips, sunflower seeds and sliced vegetables	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls
	Available Daily: Garden S	alad, Chef Salad, Caesar Sa	lad, Organic Fruit & Yogurt Pa	arfait and Smoothies Includes	whole wheat dinner roll
Healthy				Fresh Apple Chickpea Salad Homemade Lite Veggie Pasta Salad Sliced Peaches	Fresh Orange Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad
	Salad Bar - a variety	of Veggies, Legum		t Available Daily. Cho	
WHITSONS' STMP	LY ROO	At least		ı choice, fresh veggie choice, fres y: 1% low fat unflavored, fat free	

At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored. Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice



We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods

and purchase locally when seasonally available. Check us out at www.Whitsons.com.









Welcome to our Lunch Cafe

1/6/2020 - 1/10/2020

**Tuesday** Wednesday Monday **Thursday** Friday Meatloaf with Gravy Steamed Dumplings Baked Chicken Pasta, Pasta, Pasta Ramen Noodle Bar pasta with the sauce of savory beef meatloaf with stuffed dumplings perfect Glazed Carrots create your own authentic Fluffy Mashed your choice: Alfredo, a hearty brown gravy 🤗 for dipping in your ramen noodle soup bowl marinara or bolognese favorite Asian sauce 🤗 Potatoes with assorted toppings Fluffy Mashed Green Beans Potatoes Oriental Vegetable Homemade Garlic Cajun Maple Carrots Garlic Cheese Biscuit Blend Bread Whole Wheat Dinner Vegetable Egg Roll Roll Margherita Pizza Homemade Chicken Chicken Florentine Homemade three Pepperoni freshly prepared dough Parmesan Calzone Pizza Cheese Calzone calzone stuffed with three lightly brushed with garlic freshly prepared dough cheesy pizza slice topped Calzone lightly brushed with oil & with baby spinach and delicious melted and oil, topped with tomato sauce, mozzarella garlic stuffed with chicken chicken 🤗 cheeses 🤗 cheese, fresh tomatoes breast topped with tomato sauce, mozzarella & and basil 🍘 🤒 Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough Crispy Tacos **BBO** Chicken Mexican Salad Chicken Cheese Ranch & Chicken salad with beans, corn, Quesadilla homemade spicy taco Quesadilla homemade fiesta Quesadilla am, and salsa hand crafted grilled flour meat inside a crispy taco tortilla filled with juicy chicken, mozzarella and shell topped with cheese with chicken and melty Brown Rice ranch dressing melted rown Rice into a warm tortilla 🚷 cheese Sweet Corn weet Corn Brown Rice Brown Rice Brown Rice ilable Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Bacon Cheeseburger Philly Cheese Steak Grilled Chicken Chicken Club Sausage, Egg and Cheese Sandwich burger topped with thinly sliced beef topped Teriyaki Sandwich Sandwich cheese and bacon on a a warm sandwich with sauteed peppers, arilled chicken breast hand crafted sandwich marinated in teriyaki with grilled chicken, freshly toasted bun prepared in-house with onions and melted Baked Potato Wedges savory sausage, fluffy cheese on a lightly sauce, topped with crispy bacon, lettuce and eggs and melted cheese toasted bun prepared inlettuce & tomato prepared juicy tomatoes Sweet Potato Fries house 🤔 in-house 🤗 Sweet Potato Fries Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Deli Bar Deli Bar Deli Bar Deli Bar Deli Bar Grilled Ham & Cheese Sicilian Melt Panini Chicken Caesar Wrap Vegan Hummus Wrap Grilled Cheese Sandwich (D) Sandwich @ Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and Simply Boxed Vegan Spinach Orange Salad Chef Salad Antipasto Salad with House Chop Salad with Hummus Pack with Dinner Rolls fresh lettuce topped with **Dinner Rolls** Ham & Dinner Rolls freshly packed meal with tossed fresh spinach. salami, provolone, swiss ham, tomatoes, and red sliced deli meats and hummus, crispy pita orange slices, onions and cheese, garbanzo beans peppers on a bed of cheeses P chips, sunflower seeds mushrooms, topped with and fire roasted peppers lettuce served with Italian and sliced vegetables 🕜 dressing 📵 🤔 🚷 shredded mozzarella 🕡 over garden salad 🤗 🚷 Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll Fresh Granny Smith Mixed Fruit Fresh Orange Fresh Melon Cup Fresh Orange Apple Caesar Salad Garden Salad cubed fresh melon Caesar Salad Caesar Salad Garden Salad Sliced Peaches Homemade Lite Veggie Diced Pear Cup Sliced Peaches Pasta Salad Homemade Lite Veggie Diced Pear Cup Homemade Lite Veggie Homemade Lite Veggie Sliced Peaches Pasta Salad Homemade Lite Veggie Pasta Salad Pasta Salad Pasta Salad Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice

Sabul Notation S SIMPLY ROOTED in food & family

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Meal price includes: protein choice, jresh veggie choice, jresh fruit choice & bread choice.

Spintaest Saladeswithilk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.

Bacon, Fétaladhdaily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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"Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have enrich medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This insitution is an equal opportunity provider.











#### Welcome to our Lunch Cafe

1/13/2020 - 1/17/2020

MY MY	Monday	Tuesday	Wednesday	Thursday	Friday	
World T. T. MARKET	Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Fluffy Mashed Potatoes	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta & & & & & & & & & & & & & & & & & & &	Chicken and Waffles crispy chicken placed on top of fluffy waffles Syrup Crispy Potato Puffs Sauteed Cinnamon Apple Slices	Cheesy Lasagna Roll- Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese.	Chicken with Gravy roasted chicken covered with gravy  Fluffy Mashed Potatoes Green Beans Dinner Rolls Cranberry Sauce	
da CUCINA CUCINA	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and	Sausage Pizza traditional pizza slice topped with sausage	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &	
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and a Special Calzon or P	izza all featuring whole gra	ain rich pizza dough	
Coyote GRILL	Ranch & Chicken Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla Brown Rice	Beef & Bean Burrito with Brown Rice & Sweet Corn	Chicken Burrito with Brown Rice & Sweet Corn	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese Brown Rice	
	Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,					
Miss RUBY'S	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared inhouse	Bacon and Egg Sandwich warm breakfast sandwich prepared in-house and topped with crisp bacon and fluffy cooked eggs Sweet Potato Fries	Whole Grain Fish Sticks Whole Wheat Dinner Roll Sweet Potato Fries	
	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
Great SAMERICAN	Deli Bar Tuna Salad Melt 🤔	Deli Bar Turkey & Cheese Panini 🤔	Deli Bar Vegetarian Hummus Wrap ๗	Deli Bar Grilled Cheese Sandwich 🏈	Deli Bar Sicilian Melt Panini 📵	
	Available Daily: Asso	rted Boars Head cold cuts	s. popcorn chicken, tuna.	cheeses and whole grain r	ich bread, rolls and	
Frait Star EXPRESS	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🚱 🤔	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions (?)	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing	
	Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
Healthy	Mixed Fruit Caesar Salad Fresh Apple Homemade Lite Veggie Pasta Salad	Fresh Banana Fresh Melon Cup Sliced Peaches Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Caesar Salad Homemade Lite Veggie Pasta Salad	Applesauce Kiwi Chickpea Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Caesar Salad	
CIMD	Salad Bar - a variety	of Veggies, Legume	No. of the control of	Available Daily. Cho		

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an equal opportunity provi
Made With
Organic Ingredients











Welcome to our Lunch Cafe

1/20/2020 - 1/24/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World ***  O MARKET		Deli Open 1	0:45 until 1	1:15 on Exai	m Days
CUCINA	Available Daily: Chees	se Pizza, Pepperoni Pizza	and a Special Calzon or P	izza all featuring whole gra	ain rich pizza dough
Coyote GRIL	Available Daily: Nac	hos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S GRILL	Iable Daily: H	amburgers, Cheeseburgeı	rs, Veggie Burgers, Chick	en Patties and Spicy Chicl	ken Sandwiches
Great SAMERICAN SANOVICH CO.	Available Daily: Asso	Deli Bar  rted Boars Head cold cuts	Deli Bar s, popcorn chicken, tuna, o	Deli Bar cheeses and whole grain r	Deli Bar ich bread, rolls and
Frait And EXPRESS	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	nd, Organic Fruit & Yogurt Pa	fait and Smoothies Includes	whole wheat dinner roll
Healthy	Salad Bar - a variety	y of Veggies, Legume	, Fruit & Fresh Fruit	Available Daily. Cho	ice of Milk is
		A CONTRACTOR	THE RESERVE OF THE PROPERTY OF	to make any management and a second second	I C I

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#### Welcome to our Lunch Cafe

1/27/2020 - 1/31/2020

M	Monday	Tuesday	Wednesday	Thursday	Friday
World Total	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🔑 💸 Homemade Garlic Bread	Steak and Chicken Fajitas with Fiesta Corn	Chicken Pot Pie with Garlic and Cheese Biscuit	Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese Roasted Squash Homemade Garlic Bread	Baked Chicken Fluffy Mashed Potatoes Cajun Maple Carrots Dinner Rolls Cranberry Sauce
20 CUCINA	Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil (*)  Available Daily: Chees	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and	Chicken Florentine Pizza cheesy pizza slice topped with baby spinach and chicken	Sausage Pizza traditional pizza slice topped with sausage 🎒	Pepperoni & Cheese Calzone
	Mexican Salad	Chicken Cheese	Mexican Salad	Crispy Tacos	Ranch & Chicken
Coyote GRILL	salad with beans, corn, sour cream, and salsa & Sour Cream, and salsa Sweet Corn	Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese Brown Rice	salad with beans, corn, sour cream, and salsa (2) (3) Brown Rice Sweet Corn	homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla Brown Rice
	Available Daily: Nacl	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S GRILL	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Baked Potato Wedges	Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese Sweet Potato Fries	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared inhouse	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house
	Available Daily: Ha	amburgers, Cheeseburge	rs, Veggie Burgers, Chick	en Patties and Spicy Chic	ken Sandwiches
Great SAMERICAN	Deli Bar Chicken Caesar Wrap	Deli Bar Vegan Hummus Wrap	Deli Bar Grilled Ham & Cheese Sandwich	Deli Bar Grilled Cheese Sandwich	Deli Bar Grilled Cheese Sandwich 🏈
	Available Daily: Asso	rted Boars Head cold cut	s, popcorn chicken, tuna, o	cheeses and whole grain r	ich bread, rolls and
Frait Aug EXPRESS	Simply Boxed Vegan Hummus Pack freshly packed meal with hummus, crispy pita chips, sunflower seeds and sliced vegetables	Spinach Orange Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad
Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and S					whole wheat dinner roll
Healthy	Fresh Granny Smith Apple Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad	Mixed Fruit Caesar Salad Homemade Lite Veggie Pasta Salad Sliced Peaches	Fresh Orange Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad	Applesauce Kiwi Chickpea Salad Homemade Lite Veggie Pasta Salad	Fresh Melon Cup cubed fresh melon Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad
	Salad Bar - a variety	of Veggies, Legume	e, Fruit & Fresh Fruit	Available Daily. Cho	oice of Milk is
WHITSONS' SIMP	Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice				
WHITSONS' LINE TO COLOR TAMES At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.					

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