	Monday	Tuesday	Wednesday	Thursday	Friday
BULL COLUMN	WOILday	Tuesuay	weanesday	Thursday	Spicy Chicken Tenders
World St.					whole muscle spicy chicken tenders
AMARKET					Fluffy Mashed Potatoes
					Cajun Maple Carrots
					Garlic Cheese Biscuit
10					
CUCINA					
60					Buffalo Chicken
					Calzone
	Augulation Daily of				
	Available Daily: C	neese Pizza, Pepperoni Piz	za and a Special Calzon or Piz	za all featuring whole grain r	Crispy Tacos
					homemade spicy taco
Coyote 5					meat inside a crispy taco shell topped with cheese
GRILL I					Brown Rice Sweet Corn
	Available Daily: Nachos, Cr	ipsy & Soft Tacos, Taco Boy	wis with Mexi Beef, Chicken,	Cheese and Shredded Lette	
					Fish Patty Melt Sandwich
Miss					crispy breaded Pollock
					topped with melted cheese served on a
A second to second					<i>warm roll</i> Sweet Potato Fries
	Available Daily	/: Hamburgers, Cheeseburg	gers, Veggie Burgers, Chicke	en Patties and Spicy Chicken	Sandwiches
					Deli Bar Big Bird Panini 🔗
Great 🥪					
AMERICAN SANDWICH CO.					
	Available Daily: Assort	ed Boars Head cold cuts, po	pcorn chicken, tuna, cheeses	and whole grain rich bread,	rolls and wraps with
					Tuna Salad Plate
Frait And					garden salad topped with freshly made tuna
EXPRESS					salad 🤭
And the second second					
	Available Daily: Garden Salad, C	hef Salad, Caesar Salad, Organic	Fruit & Yogurt Parfait and Smoothi	es Includes whole wheat dinner ro	II and your choice of fruit and
			1	1	Fresh Orange
					Mixed Fruit Fresh Grapes
Healthy					Garden Salad
- TRAKVESI					
	Salad Bar - a variety of Ve	ggies Legumes Fruit & F	resh Fruit Available Daily. C	hoice of Milk is included wi	th all meals
			-	choice, fresh veggie choice, fres	
WHITSONS' SIMP	LY KUQ.	At least	two types of milk available daily	: 1% low fat unflavored, fat free	e flavored, fat free unflavored.
	in food &	10 01	Available daily with salad lunch		
	family. Our menus are healthy, nutrition e are phasing out processed foods and		nsuming raw or under cooked meat, poultry medical conditions. Menu is subject to chan	ge, notice posted when available. If you hav	e any questions or would like additional
more natural, organic and non GMO	options. We also offer gluten and allerg	en free foods	information regarding this menu, pleas	e contact the food service director. This ins	itution is an equal opportunity provider.
and purchase locally when seasonally	available. Check us out at www.Whitso	ns.com.		IGREDIENTS PORK 🚷 MAD	

World Str # Market # Image: Str # Image: Str S Str S Str S	Mexican Salad salad with beans, com, sour cream, and salsa ⊘♥♥ Brown Rice Sweet Com	Chicken and Waffles crispy chicken placed on top of fluffy waffles ♥ Crispy Potato Puffs Cinnamon Applesauce Homemade Chicken Parmesan Calzone freshly prepared dough lighty brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese ♥ ♥ heese Pizza, Pepperoni Pizza Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese ♥ Brown Rice Sweet Com	Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce Oriental Vegetable Blend Vegetable Egg Roll Chicken Florentine Pizza cheesy pizza slice topped with baby spinach and chicken pinach and chicken crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Com	Baked Chicken Glazed Carrots Fluffy Mashed Potatoes Garlic Cheese Biscuit Steak & Cheese Calzone za all featuring whole grain ri Ranch & Chicken Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm	Mexican Salad salad with beans, com, sour cream, and salsa @♥ Brown Rice
Coyote GRILLS	treshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil @ ⊘ Available Daily: CI Mexican Salad salad with beans, com, sour cream, and salsa @ ♥ @ Brown Rice Sweet Com	Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tornato sauce, mozzarella & Parmesan cheese ⊘ ⊗ heese Pizza, Pepperoni Pizza Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese ♥ Brown Rice	Pizza cheesy pizza slice topped with baby spinach and chicken and a Special Calzon or Pizz Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice	Calzone za all featuring whole grain ri Ranch & Chicken Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm	Calzone ich pizza dough Mexican Salad salad with beans, com, sour cream, and salsa © ♥ ☺ Brown Rice
Coyote GRILL	Mexican Salad salad with beans, com, sour cream, and salsa ⊘♥♥ Brown Rice Sweet Com	Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese ♥ Brown Rice	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice	Ranch & Chicken Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm	Mexican Salad salad with beans, com, sour cream, and salsa @♥ Brown Rice
Coyote GRILL	salad with beans, com, sour cream, and salsa ஜ ♥ ல Brown Rice Sweet Com	Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese Brown Rice	homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice	Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm	salad with beans, corn, sour cream, and salsa ஜ♥ ஜ Brown Rice
A	vailable Daily: Nachos, Cri			<i>tortilla</i> Brown Rice Sweet Corn	Sweet Com
				Cheese and Shredded Lettu	
Miss Ca	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Baked Potato Wedges	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house Sweet Potato Fries	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in- house Sweet Potato Fries	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🎅
	Available Daily	: Hamburgers, Cheeseburge	ers, Veggie Burgers, Chicke	n Patties and Spicy Chicken	Sandwiches
Great Standard	Deli Bar Chicken Caesar Wrap ⊘⊗	Deli Bar Buffalo Chicken Wrap 🤭	Deli Bar Grilled Ham & Cheese Sandwich p	Deli Bar Grilled Cheese Sandwich 🔗	Deli Bar Sicilian Melt Panini P
	Available Daily: Assorte	ad Boars Head cold cuts non	corn chicken tuna cheeses	and whole grain rich bread,	rolls and wraps with
	Tuna Salad Plate		Chef Salad	Antipasto Salad with	House Chop Salad with
	garden salad topped with freshly made tuna salad 🤭	Spinach Salad with Bacon, Feta, and Onions	fresh lettuce tonned with	Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad <mark>%</mark> §	Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing p
Ava	ailable Daily: Garden Salad, Cl	hef Salad, Caesar Salad, Organic F	Fruit & Yogurt Parfait and Smoothi	es Includes whole wheat dinner ro	II and your choice of fruit and
	Fresh Granny Smith	Fresh Granny Smith	Fresh Orange	Mixed Fruit	Applesauce
Healthy	Apple Applesauce Caesar Salad	Apple Mixed Fruit Caesar Salad	Applesauce Garden Salad	Fresh Melon Cup Garden Salad	Watermelon Slices Caesar Salad
Sal	lad Bar - a variety of Ver	ggies, Legumes, Fruit & Fre	esh Fruit Available Daily. Cl	hoice of Milk is included wit	th all meals.
WHITSONS' SINPL State Netrition We are Simply Rooted TM in food and family.	X ROOT	At least tw	Meal price includes: protein vo types of milk available daily	choice, fresh veggie choice, fresl : 1% low fat unflavored, fat free : protein choice, whole grain ite	h fruit choice & bread choice. : flavored, fat free unflavored.

M	Monday	Tuesday	Wednesday	Thursday	Friday
World St.	TT'S TERANS	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🔗 🗞 Glazed Carrots	Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Oven Baked Fries Baked Beans Whole Wheat Dinner	Cheesy Lasagna Roll- Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese. ⊚ ⊚ ♥ ⊗ Green Beans	Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes Green Beans Dinner Rolls Cranberry Sauce Garlic Cheese Biscuit
1ª CUCINA	Available Daily: C	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses @ beese Pizza, Pepperoni Pizza	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil	Sausage Pizza traditional pizza slice topped with sausage 🤭	Ham & Cheese Calzone
		Beef & Bean Burrito	Ranch & Chicken Quesadilla	Crispy Tacos homemade spicy taco	Chicken Cheese Quesadilla
Coyote		with Brown Rice & Sweet Corn	homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla Brown Rice Sweet Corn	meat inside a crispy taco shell topped with cheese Brown Rice Sweet Com	hand crafted grilled flour tortilla filled with juicy chicken and melty cheese ♥ Brown Rice Sweet Com
	Available Daily: Nachos, Cr	ipsy & Soft Tacos, Taco Bowl	s with Mexi Beef, Chicken,	Cheese and Shredded Lettu	ce, Salsa, Mexi-Rice and
	Available Dail	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries : Hamburgers, Cheeseburge	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in- house Sweet Potato Fries	BLT Burger freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun Sweet Potato Fries	Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll Sweet Potato Fries
	Available Daily	Deli Bar	Deli Bar	Deli Bar	Deli Bar
Great Stan		Turkey & Cheese Panini ⊘	Buffalo Chicken Wrap	Grilled Cheese Sandwich o	Sicilian Melt Panini p
	Available Daily: Assort	ed Boars Head cold cuts, pop	corn chicken, tuna, cheeses	and whole grain rich bread,	rolls and wraps with
Frait And EXPRESS		Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg ऌ ♥	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 (p) (2)
	Available Daily: Garden Salad, C	hef Salad, Caesar Salad, Organic F	ruit & Yogurt Parfait and Smoothie	es Includes whole wheat dinner ro	I and your choice of fruit and
Healthy		Fresh Banana Applesauce Fresh Melon Cup Garden Salad	Fresh Orange Mixed Fruit Sliced Peaches Caesar Salad	Fresh Empire Apple Applesauce Kiwi Chickpea Salad Garden Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Caesar Salad
	Salad Bar - a variety of Ve	ggies, Legume, Fruit & Free			
WHITSONS' SIMP School Nutritions We are Simply Rooted TM in food and f	LY ROO in food &	c family A	vo types of milk available daily: vailable daily with salad lunch:		flavored, fat free unflavored. m, fruit choice & milk choice
made from wholesome ingredients. W	e are phasing out processed foods and	instead, offering you have certain me	edical conditions. Menu is subject to chang	e notice nosted when available If you have	any questions or would like additional

11/18/2019 - 11/2	22/2019				
	Whole Grain French Toast	Tuesday Homemade Shepherd's Pie	Wednesday Buffalo Chicken Mac & Cheese	Thursday Roasted Turkey with Gravy	Friday Sweet & Sour Chicken Sauce & Toss
World Market	slices of French toast baked to perfection o Crispy Pork Sausage Links Crispy Potato Puffs Cinnamon Apple Slices	seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy Squash Medley Garlic Cheese Biscuit	pasta in cheese sauce, topped with buffalo style chicken 🤭 Green Beans	oven roasted turkey breast smothered with gravy Com Bread Stuffing Green Beans Cranberry Sauce	popcorn chicken in a sweet & sour sauce Vegetable Egg Roll Oriental Vegetable Blend
ducina Cucina Netles Noon	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P ?	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses @ ?	Chicken Florentine Pizza cheesy pizza slice topped with baby spinach and chicken e	Buffalo Mac & Cheese Calzone	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion o
	Cheese Quesadilla	Chicken Cheese	Crispy Tacos	Mexican Salad	1 0
Coyote GRILL	freshly grilled flour tortilla with melted cheese @ Brown Rice Sweet Com	Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese ♥ Brown Rice Sweet Corn	homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Com	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 Com
				Cheese and Shredded Lettu	
	Turkey Hot Dog on Bun turkey hot dog on soft bun 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 Sweet Potato Fries	BLT Burger freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun co	Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll Sweet Potato Fries
	Available Daily	: Hamburgers, Cheeseburge	ers, Veggie Burgers, Chicke	n Patties and Spicy Chicken	Sandwiches
Great Standard Co.	Deli Bar Buffalo Chicken Wrap 🤗	Deli Bar Sicilian Melt Panini 🕑	Deli Bar Grilled Ham & Cheese Sandwich p	Deli Bar Grilled Cheese Sandwich 🍘	Deli Bar Big Bird Panini 🤭
	Available Daily: Assorte	ed Boars Head cold cuts, pop		and whole grain rich bread,	
Frait And 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 🔗 🎔	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p %	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p %	Tuna Salad Plate garden salad topped with freshly made tuna salad 🎅
	Available Daily: Garden Salad, C	hef Salad, Caesar Salad, Organic F	Fruit & Yogurt Parfait and Smoothin	es Includes whole wheat dinner ro	II and your choice of fruit and
Healthy MARVEST	Mixed Fruit Homemade Deli Style Coleslaw Garden Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Caesar Salad	Fresh Orange Applesauce Caesar Salad	Applesauce Kiwi Chickpea Salad	Fresh Orange Mixed Fruit Fresh Grapes Garden Salad
	Salad Bar - a variety of Ve	ggies, Legume, Fruit & Fre	sh Fruit Available Daily. Cl	hoice of Milk is included wi	th all meals.
WHITSONS' SIMP	LY ROOT	At least tw	Meal price includes: protein o vo types of milk available daily:	choice, fresh veggie choice, fres : 1% low fat unflavored, fat free : protein choice, whole grain ite	h fruit choice & bread choice. flavored, fat free unflavored.
made from wholesome ingredients. W more natural, organic and non GMO	family. Our menus are healthy, nutrition 'e are phasing out processed foods and options. We also offer gluten and allerg	instead, offering you have certain me en free foods	edical conditions. Menu is subject to chanş information regarding this menu, pleas	; seafood, shellfish or eggs may increase yoo ge, notice posted when available. If you hav e contact the food service director. This insi	e any questions or would like additional tution is an equal opportunity provider.
and purchase locally when seasonally	available. Check us out at www.Whitso	ns.com. 🕜 VEGETARIAN	I 🦻 MADE WITH NATURAL IN	GREDIENTS PORK 🚷 MADI	E WITH ORGANIC INGREDIENTS

11/25/2019 -	11/29/2019
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in the second	Monday	Tuesday	Wednesday	Thursday	Friday
World Str. Market	Chicken & Beef Fajitas with Grilled Pepper & Onions Topped with Fresh veggies and Salsa with Mexi Rice and Corn	Spicy Chicken Tenders whole muscle spicy chicken tenders Fluffy Mashed Potatoes Homemade Garlic Bread Green Beans		THANKSGIVING	
2º CUCINA	Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil 🌍 🔗	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses @ %			
	Available Daily: C	heese Pizza, Pepperoni Pizza	a and a Special Calzon or Piz	za all featuring whole grain	rich pizza dough
Coyote GRILL	Mexican Salad salad with beans, corn, sour cream, and salsa ⊘ ♥ Brown Rice Sweet Corn	Ranch & Chicken Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla Brown Rice Sweet Corn			
		ipsy & Soft Tacos, Taco Bow	Is with Mexi Beef, Chicken,	Cheese and Shredded Let	tuce, Salsa, Mexi-Rice and
Miss RUBY S GRIL	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 20 00 Baked Potato Wedges	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries			
	Available Daily	/: Hamburgers, Cheeseburge	ers, Veggie Burgers, Chicke	n Patties and Spicy Chicker	Sandwiches
Great Service Son	Deli Bar Grilled Cheese with Bacon	Deli Bar Buffalo Chicken Wrap 🤗			
	Available Daily: Assort	ed Boars Head cold cuts, pop	corn chicken tuna cheeses	and whole grain rich bread	rolls and wraps with
Frait Star EXPRESS	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🎅 📎	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions @ %			
	Available Daily: Garden Salad, C	hef Salad, Caesar Salad, Organic I	Fruit & Yogurt Parfait and Smoothi	es Includes whole wheat dinner r	oll and your choice of fruit and
Healthy	Fresh Granny Smith Apple Applesauce Garden Salad	Mixed Fruit Homemade Deli Style Coleslaw Caesar Salad			
	Salad Bar - a variety of Ve	ggies, Legumes, Fruit & Fre	esh Fruit Available Daily. C	hoice of Milk is included w	/ith all meals.
HITSONS SIMP	LY ROO in food &	NED At least tr	Meal price includes: protein vo types of milk available daily vailable daily with salad lunch	choice, fresh veggie choice, fre : 1% low fat unflavored, fat fre	sh fruit choice & bread choi re flavored, fat free unflavore
Ve are Simply Rooted™ in food and	family. Our menus are healthy, nutrition	is and flavorful, ***Cons	uming raw or under cooked meat, poultry	, seafood, shellfish or eggs may increase y	our risk of food borne illness, especial
nade from wholesome ingredients. W	e are phasing out processed foods and options. We also offer gluten and allerg		edical conditions. Menu is subject to chan information regarding this menu, pleas	ge, notice posted when available. If you h e contact the food service director This is	