#### Welcome to our Lunch Cafe

12/2/2019 - 12/6/2019

M.	TLESS DNDAY	Tuesday	Wednesday	Thursday	Friday
World T. T. MARKET	Whole Grain French Toast Slices of French toast baked to perfection Crispy Pork Sausage Links Crispy Potato Puffs Cinnarnon Apple Slices	Tuesday  Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy Squash Medley	Wednesday  Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken Green Beans	Thursday  Roasted Turkey with Gravy oven roasted turkey breast smothered with gravy Com Bread Stuffing Green Beans Cranberry Sauce	Spicy Chicken Tenders whole muscle spicy chicken tenders Fluffy Mashed Potatoes Cajun Maple Carrots  Garlic Cheese Biscuit
ga CUCINA	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses	Chicken Florentine Pizza cheesy pizza slice topped with baby spinach and chicken	Pepperoni Calzone	Buffalo Chicken Calzone
	Available Daily: C	heese Pizza, Pepperoni Pizz	a and a Special Calzon or Pizz	za all featuring whole grain ri	ch pizza dough
Coyote GRILL	Cheese Quesadilla freshly grilled flour tortilla with melted cheese ℘ 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 Com	Mexican Salad salad with beans, com, sour cream, and salsa ♥ 🍪 🕸	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Com
	Available Daily: Nachos, Cr	ipsy & Soft Tacos, Taco Bow	Is with Mexi Beef, Chicken,	Cheese and Shredded Lettu	ıce, Salsa, Mexi-Rice and
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 & Sweet Potato Fries	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries	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	y: Hamburgers, Cheeseburge	ers, Veggie Burgers, Chicke	n Patties and Spicy Chicken	Sandwiches
Great SAMERICAN SAMERICA CO.	Deli Bar Vegetarian Hummus Wrap 🚱 🤔	Deli Bar Sicilian Melt Panini p	Deli Bar Grilled Ham & Cheese Sandwich 🕞	Deli Bar Grilled Cheese Sandwich 🚱	Deli Bar Big Bird Panini 🤭
	Available Daily: Assort	ed Boars Head cold cuts, pop	ocorn chicken, tuna, cheeses	and whole grain rich bread,	rolls and wraps with
Frait Stantes	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions @ 69	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	Simply Boxed Belgium Waffle Bites freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit P & S	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls
	Available Daily: Garden Salad, C	hef Salad, Caesar Salad, Organic I	Fruit & Yogurt Parfait and Smoothic	es Includes whole wheat dinner ro	
Healthy	Garden Salad Homemade Lite Veggie Pasta Salad Sliced Peaches	Fresh Orange Mixed Fruit Fresh Melon Cup Caesar Salad	Fresh Orange Caesar Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad	Kiwi Chickpea Salad Sliced Peaches	Fresh Grapes Diced Pear Cup Homemade Lite Veggie Pasta Salad
	Salad Bar - a variety of Ve	ggies, Legumes, Fruit & Fre	esh Fruit Available Daily. Cl		
WHITSONS STMP	IV ROOT	NEID	Meal price includes: protein o	choice, fresh veggie choice, fresl	

We are Simply Rooted  $\mbox{^{TM}}$  in food and family. Our menus are healthy, nutritious and flavorful,









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Monday Wednesday **Thursday Tuesday Friday** Pasta, Pasta, Pasta Meatloaf with Gravy Steamed Dumplings Baked Chicken Ramen Noodle Bar pasta with the sauce of savory beef meatloat Glazed Carrots stuffed dumplings create your own your choice: Alfredo, Fluffy Mashed authentic ramen noodle with a hearty brown perfect for dipping in World 🟋 🧖 gravy 🥙 Potatoes marinara or bolognese your favorite Asian soup bowl with assorted MARKET Green Beans sauce ( toppings Fluffy Mashed Oriental Vegetable Potatoes Garlic Cheese Biscuit Cajun Maple Carrots Blend Vegetable Egg Roll Whole Wheat Dinner Roll Margherita Pizza Chicken Florentine Homemade Chicken Parmesan Calzone Steak & Cheese freshly prepared dough Pizza Pepperoni cheesy pizza slice lightly brushed with freshly prepared dough Calzone garlic and oil, topped lightly brushed with oil & topped with baby Calzone garlic stuffed with with tomato sauce. spinach and chicken mozzarella cheese. chicken breast topped with tomato sauce. fresh tomatoes and mozzarella & Parmesan basil 👩 🤧 cheese 🔗 🚷 Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough Mexican Salad Chicken Cheese Ranch & Chicken Crispy Tacos salad with beans, com, Quesadilla homemade spicy taco Quesadilla hand crafted grilled flour **BBQ** Chicken sour cream, and salsa meat inside a crispy taco homemade fiesta Couote tortilla filled with juicy shell topped with cheese chicken, mozzarella Quesadilla with Brown Rice chicken and melty Brown Rice and ranch dressing cheese 🧡 **Brown Rice** Sweet Com melted into a warm Sweet Corn tortilla Brown Rice Sweet Corn Brown Rice Sweet Corn Sweet Corn Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and Bacon Cheeseburger Sausage, Egg and Philly Cheese Steak Smokehouse Pulled Grilled Chicken burger topped with Cheese Sandwich thinly sliced beef topped Pork Sandwich Teriyaki Sandwich smokehouse pulled cheese and bacon on a a warm sandwich with sauteed peppers, arilled chicken breast freshly toasted bun Baked Potato Wedges prepared in-house with onions and melted pork on a roll with cole marinated in teriyaki slaw savory sausage, fluffy cheese on a lightly sauce, topped with eggs and melted cheese toasted bun prepared inlettuce & tomato Sweet Potato Fries Sweet Potato Fries house ( prepared in-house Sweet Potato Fries Sweet Potato Fries Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Deli Bar Deli Bar Deli Bar Deli Bar Sicilian Melt Panini Chicken Caesar Wrap Vegan Hummus Wrap Grilled Ham & Cheese Grilled Cheese Sandwich p Sandwich 👩 Great **₿ ₽** american Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and wraps with Simply Boxed Belgium Waffle Bites Antipasto Salad with House Chop Salad with Ham & Dinner Rolls Chef Salad Spinach Salad with fresh lettuce topped with Dinner Rolls freshly prepared meal Bacon, Feta, and Onions sliced deli meats and salami, provolone, swiss ham, tomatoes, and red Frait cheeses p peppers on a bed of with creamy yogurt, cheese, garbanzo Belaium waffle bites. beans and fire roasted lettuce served with Italian dressing p sunflower protein and peppers over garden salad 🤧 🚷 fruit 👩 🤭 🚷 Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll and your choice of fruit and Fresh Granny Smith Mixed Fruit Fresh Orange Fresh Melon Cup Fresh Orange Caesar Salad Garden Salad Apple cubed fresh melon Caesar Salad Homemade Lite Veggie Sliced Peaches Caesar Salad Diced Pear Cup Garden Salad Healthu Sliced Peaches Pasta Salad Homemade Lite Veggie Diced Pear Cup Homemade Lite Veggie Homemade Lite Veggie Homemade Lite Veggie Sliced Peaches Pasta Salad Pasta Salad Pasta Salad Pasta Salad Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals. Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice

WHITSONS" food & family

f 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







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12/16/2019 - 12/20/2019

N. C.	MLESS THORY				
No.	Monday Spicy Chicken Tenders	Tuesday Homemade Pasta &	Wednesday Chicken and Waffles	Thursday Cheesy Lasagna Roll-	Friday Chicken with Graw
World 🟋 📆	whole muscle spicy chicken tenders Fluffy Mashed Potatoes Homemade Garlic Bread Green Beans	Meatballs freshly baked meatballs with tomato sauce over pasta	crispy chicken placed on top of fluffy waffles Syrup Crispy Potato Puffs Cinnamon Apple Slices	Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese. @ 9000 Green Beans	roasted chicken covered with gravy for the gravy for the gravy for the grave for the g
	Hand Crafted Three	Homemade three	Homemade Meatball	Sausage Pizza	Homemade Chicken
CUCINA	Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses @	Cheese Calzone calzone stuffed with three delicious melted cheeses &	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	traditional pizza slice topped with sausage 🥱	Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese
	,	Cheese Pizza, Pepperoni Pizza	a and a Special Calzon or Pizz		. •
Coyote GRILL	Ranch & Chicken Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla Brown Rice Sweet Com	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 Com	Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese Brown Rice Sweet Com
	Available Daily: Nachos, Co	ripsy & Soft Tacos, Taco Bow	Is with Mexi Beef, Chicken,	Cheese and Shredded Lettu	ice, Salsa, Mexi-Rice and
Miss RUBY'S GRILL	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared inhouse Sweet Potato Fries	Bacon and Egg Sandwich warm breakfast sandwich prepared in- house and topped with crisp bacon and fluffy cooked eggs Sweet Potato Fries	Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll Sweet Potato Fries
	Available Dail	y: Hamburgers, Cheeseburge	ers, Veggie Burgers, Chicke	n Patties and Spicy Chicken	Sandwiches
Great SAMERICAN	Deli Bar Tuna Salad Melt 🤭	Deli Bar Turkey & Cheese Panini 🤔	Deli Bar Vegetarian Hummus Wrap 🚱 🤔	Deli Bar Grilled Cheese Sandwich 🚱	Deli Bar Sicilian Melt Panini 🕑
	Available Daily: Assort	ed Boars Head cold cuts, pop	corn chicken, tuna, cheeses	and whole grain rich bread,	rolls and wraps with
Frait Alexander 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 @ 69	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
	Available Daily: Garden Salad, C	Chef Salad, Caesar Salad, Organic F	Fruit & Yogurt Parfait and Smoothic	es Includes whole wheat dinner ro	II and your choice of fruit and
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
	Salad Bar - a variety of Ve	eggies, Legume, Fruit & Fre			
WHITSONS COMP	TAROO	NO D	Meal price includes: protein o	choice, fresh veggie choice, fresh	

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Welcome to our Lunch Cafe

12/23/2019 - 12/27/2019

M	Monday	Tuesday	Wednesday	Thursday	Friday
World 3 **					
CUCINA   HEATEST MONON	Available Daily: C	heese Pizza, Pepperoni Pizza	a and a Special Calzon or Pizz	za all featuring whole grain ric	ch pizza dough
Coyote GRILL MENE	Available Daily: Nachos, Cr	ipsy & Soft Tacos, Taco Bow	Is with Mexi Beef, Chicken,	Cheese and Shredded Lettu	ce, Salsa, Mexi-Rice and
Miss RUBY'S					
	Available Pails	r Hamburgers Cheeseburge	ers Vennie Burners Chicke	n Patties and Spicy Chicken S	Sandwiches
	Available bally	. Hamburgers, Oneeseburge	era, veggie burgera, ornoke	Tracties and opicy officient	odi idwici ies
Great SAMURICAN SAMURICA SO.					
	Available Daily, Accort	ad Poors Hood cold suts, non	poern chickon tuna chaccos	and whole grain rich bread,	rolls and wrone with
	Available bally. Assort	ed Boars Fred Cold Cats, pop	to and the towns of the second	and whole grain field bread,	Tolis and Wraps with
Frait And EXPRESS					
	Available Daily: Garden Salad, C	hef Salad, Caesar Salad, Organic F	Fruit & Yogurt Parfait and Smoothic	es Includes whole wheat dinner rol	I and your choice of fruit and
Healthy					
	Salad Bar - a variety of Ve	ggies, Legume, Fruit & Fre	sh Fruit Available Daily. Cl	noice of Milk is included wit	h all meals.
	TIDAGO	The second secon		choice, fresh veggje choice, fresh	

We are Simply Rooted  $\mbox{^{TM}}$  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

12/30/2019 - 12/31/2019

	Monday	Tuesday	Wednesday	Thursday	Friday
EPOSITE SEE DOOR	Wioriday	Tuesuay	Wednesday	Illuisuay	Tilday
World & T.					
CUCINA					
	Available Daily: C	heese Pizza Penneroni Pizz	a and a Special Calzon or Piza	za all featuring whole grain ri	ch pizza dough
	7 tvanabio bany. o	iococ i izza, i opporom i izza	a and a opoolal calcon or i le	ad an roatal mg wholo grain is	on pieza aougii
Coyote GRILL					
	Available Daily: Nachos, Cr	ipsy & Soft Tacos, Taco Bow	Is with Mexi Beef, Chicken,	Cheese and Shredded Lettu	ice, Salsa, Mexi-Rice and
Miss RUBY'S GRILL					
	Available Daily	: Hamburgers. Cheeseburge	ers. Veggie Burgers. Chicke	n Patties and Spicy Chicken S	Sandwiches
		gg	, <u></u>		
Great SAMERICAN					
	Available Daily: Assorte	ed Boars Head cold cuts, pop	ocorn chicken, tuna, cheeses	and whole grain rich bread,	rolls and wraps with
Frait AND EXPRESS					
	Available Daily: Garden Salad, C	hef Salad, Caesar Salad, Organic F	Fruit & Yogurt Parfait and Smoothic	es Includes whole wheat dinner rol	I and your choice of fruit and
Healthy					
	Salad Bar - a variety of Ve	ggies, Legumes, Fruit & Fre	esh Fruit Available Daily. Cl	noice of Milk is included wit	th all meals.

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