Welcome to our Lunch Cafe

3/2/2020 - 3/6/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World 🐄	Chicken Parmesan Over Pasta oven baked chicken topped with sauce and melted cheese, all over pasta Homemade Garlic Bread	Hunter Style Beef Stew with beef, sausage, onions & potatoes P &	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken 🌮 Roasted Squash	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 Homemade Garlic
	Green Beans Hand Crafted Three	Homemade three	Homemade Meatball	Garlic Cheese Biscuit Pepperoni	Bread Buffalo Chicken
¹ 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	Calzone	Calzone
	Chicken Cheese	se Pizza, Pepperoni Pizza a Crispy Tacos	Ranch & Chicken	Buffalo Chicken and	Crispy Tacos
Coyote GRILL	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	Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla	Cheese Quesadilla fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce	homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn
	Turkey Hot Dog on	Grilled Chicken	Smokehouse Pulled	Meatball Hero	Fish Patty Melt
	Bun turkey hot dog on soft bun Sweet Potato Fries	Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 🤣	Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🔗 📎 Sweet Potato Fries	Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll Sweet Potato Fries
		amburgers, Cheeseburger			
Great Standard	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Melt 🤌	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey & Cheese	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Vegetarian Hummus	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Grilled Cheese	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Big Bird Panini 🌮
	Available Daily: Asso	rted Boars Head cold cuts	, popcorn chicken, tuna, c	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 🚱 🤌	Simply Boxed Hummus Energy Pack freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables (??)	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🤭
ADD Inchany of Autoor	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
NATIONAL NUTRITION MONTH HARCE 2017 WARKVESS	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	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, Legume	s, Fruit & Fresh Fruit	Available Daily. Cho	ice of Milk is
made from wholesome ingredients. W	PLY Rood family. Our menus are healthy, nutritio le are phasing out processed foods and	At least tv <i>c family</i> us and flavorful, instead, offering you have certain m	Meal price includes: protein vo types of milk available daily vailable daily with salad lunch suming raw or under cooked meat, poulty edical conditions. Menu is subject to chan	choice, fresh veggie choice, fres : 1% low fat unflavored, fat fre :: protein choice, whole grain it 1, seafood, shellfish or eggs may increase yc ge, notice posted when available. If you ha	h fruit choice & bread choice. e flavored, fat free unflavored. em, fruit choice & milk choice pur risk of food borne illness, especially if ve any questions or would like additional
	options. We also offer gluten and allers available. Check us out at www.Whitso			e contact the food service director. This ins P Pork Smart Choice	Sitution is an equal opportunity provider. Made With Organic Ingredients

Welcome to our Lunch Cafe

3/9/2020 - 3/13/2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
World Market	Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese Green Beans Homemade Garlic	Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Peach Crisp	Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce Oriental Vegetable Blend	Roasted Turkey with Gravy oven roasted turkey breast smothered with gravy Corn Bread Stuffing	Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings	
	Bread		Vegetable Egg Roll Fortune Cookie	Fluffy Mashed Potatoes Glazed Carrots		
	Margherita Pizza freshly prepared dough lightly brushed with garlic	Homemade Meatball Calzone fresh dough lightly	Chicken & Brocco Alfredo Pizza	Homemade three Cheese Calzone calzone stuffed with three	Pepperoni	
Lucina Cucina	and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil 💎 🤭	brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and		delicious melted cheeses 🤔	Calzone	
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and a Special Calzon or Pi	zza all featuring whole gra		
	Mexican Salad salad with beans, corn.	Buffalo Chicken and Cheese Quesadilla	Crispy Tacos homemade spicy taco	Ranch & Chicken Quesadilla	BBQ Chicken	
Coyote	sour eam, and salsa	fiesta style chicken and cheddar cheese inside a	meat inside a crispy taco shell topped with cheese	homemade fiesta QU chicken, mozzarella and	esadilla with	
GRILI NEA	rown Rice weet Corn	grilled folded tortilla spread with hot sauce	Brown Rice Sweet Corn	ranch dressing melted into a warm tortilla Brown Rice	Brown Rice	
	ilable Daily: Nach	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	Crusat Carra	Sweet Corn Shredded Lettuce,	
	Double Bacon Burger	Meatball Hero	Philly Cheese Steak	Grilled Chicken	Chicken Club	
	two juicy all beef patties topped with crisp bacon,	freshly baked meatballs mixed in a rich tomato	thinly sliced beef topped with sauteed peppers,	Teriyaki Sandwich grilled chicken breast	Sandwich hand crafted sandwich	
Miss O	cheese, on a soft bun	sauce inside a soft roll	onions and melted	marinated in teriyaki	with grilled chicken,	
RUBY'S	Baked Potato Wedges	topped with melted mozzarella 🤔 📎	cheese on a lightly toasted bun prepared in-	sauce, topped with lettuce & tomato prepared	crispy bacon, lettuce and juicy tomatoes 🤭	
GRILL		Sweet Potato Fries	house 🤔	in-house 🤔	Sweet Potato Fries	
	Available Daily: Ha	amburgers, Cheeseburge	rs, Veggie Burgers, Chick	en Patties and Spicy Chic	ken Sandwiches	
	Deli Bar an assortment of cold	Deli Bar an assortment of cold	Deli Bar an assortment of cold	Deli Bar an assortment of cold	Deli Bar an assortment of cold	
	cuts, cheeses,	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	condiments and breads, rolls, or wraps to create	
"AMERICAN SANDWICH CO.	your own sandwich	your own sandwich	your own sandwich	your own sandwich	your own sandwich	
	Chicken Caesar Wrap	Grilled Cheese	Grilled Ham & Cheese s, popcorn chicken, tuna, c	Grilled Cheese	Sicilian Melt Panini P	
	Cobb Salad	Simply Boxed Hummus	Simply Boxed Belgium	Antipasto Salad with	House Chop Salad with	
	fresh lettuce topped with	Énergy Pack	Waffle Bites	Dinner Rolls	Ham & Dinner Rolls	
	bacon, baked chicken, shredded cheddar, and	freshly packed meal with hummus, crispy pita	freshly prepared meal with creamy yogurt,	salami, provolone, swiss cheese, garbanzo beans	ham, tomatoes, and red peppers on a bed of	
Frait sta	chopped egg 🤔	chips, cheese and sliced	Belgium waffle bites,	and fire roasted peppers	lettuce served with Italian	
EXPRESS		vegetables 🌍 🤭	sunflower protein and fruit 🅜 🤔	over garden salad 🤔 🚷	dressing 🕑 🤔 📎	
	Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
	Fresh Granny Smith Apple	Fresh Apple Chickpea Salad	Fresh Orange Garden Salad	Fresh Melon Cup cubed fresh melon	Fresh Orange Caesar Salad	
	Caesar Salad	Homemade Lite Veggie	Diced Pear Cup	Garden Salad	Sliced Peaches	
Healthy	Sliced Peaches Homemade Lite Veggie Pasta Salad	Pasta Salad Sliced Peaches	Homemade Lite Veggie Pasta Salad	Diced Pear Cup Homemade Lite Veggie Pasta Salad	Homemade Lite Veggie Pasta Salad	
	Salad Bar - a variety	of Veggies, Legume	s, Fruit & Fresh Fruit	Available Daily. Cho	ice of Milk is	
WHITSONS' STYP	ΡΙΥ ΒΟΟΊ			choice, fresh veggie choice, fres	sh fruit choice & bread choice.	
School Nutrition	family. Our menus are healthy, nutritio	Bacon, Fe	Stailable daily with salad lunch	: protein choice, whole grain it	em, fruit choice & milk choice	
made from wholesome ingredients. W	family. Our menus are neariny, nutritio Ve are phasing out processed foods and options. We also offer gluten and allers	instead, offering Gon lons	isuming raw or under cooked meat, poultry nedical conditions. Menu is subject to chan information regarding this menu, pleas	1, seafood, shellfish or eggs may increase yo ge, notice posted when available. If you ha re contact the food service director. This in:	our risk of food borne illness, especially if ve any questions or would like additional sitution is an equal opportunity provider	
	vavailable. Check us out at www.Whitso			Pork Smart Choice	Made With Organic Ingredients	

Welcome to our Lunch Cafe

3/16/2020	- 3/20/2020
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Mozzarella Šick Meatballs Toast rosted duicken couger Crispy chicken nuggets and googy mozzarella sicks served with disping sauce @ Meatballs sices of French toast roled up lasagra nodies, stuffed with ricotta and parmesan roasted duicken couger Bicks Served with disping sauce @ Filuffy Mashed Perfection @ Sausage Patty Syrup Sausage Patty Syrup Crispy Potato Pufis Glazed Carrots Sausage Patty Susteed Cinemato sauce and melted mozzarella Creen Beans Creen Beans Hand Crafted Three Cheese Pizza fresh dough layred with sauce, topped with ricotta, mozzarella, and Parmesan cheeses Homemade three cheeses Homemade Meatball calzone stiffed with three delicious melted cheeses Perper & Onion Pizza fresh dough lightly brushed with garitic and asauteed foreat and machade fiesta chicken, mozzarella, and Parmesan cheeses Beef & Bean Burrito with Brown Rice & Sweet Corn Chicken Burrito with Brown Rice & Sweet Corn Chicken Burrito with Brown Rice & Sweet Corn Chicken Cheese and series programed into a warm torilla brow mache fiesta chicken, mozzarella and ranch dressing mellad into a warm torilla Brown Rice Beef & Bean Burrito with Brown Rice & Sweet Corn Chicken Cheese and Stredded letture, with Brown Rice & Sweet Corn Chicken, Cheese and Stredded letture, with sauded pepare, sauce, mozzarella and ranch dressing mellad into a warm torilla Brown Rice Beacon and Egg Sunded Chicken, marinated interyaiti sauce, topped with ind use warm torilla broware torispreared in-house @ Philly Chees					Thursday	Friday
Crispy chicken nuggets and gooy mozzarella stoks served with diping sauce with iomato sauce over paste $\bigcirc \bigcirc \bigcirc$ baked to perfection \bigcirc noodles, stuffed with ricotta and parmesan cheeses. (Snando sauce orispy Potato Puffs Sausage Patry Saused Cinnamon Apple Slices noodles, stuffed with ricotta and parmesan cheeses. (Snando sauce orispy Potato Puffs Saused Cinnamon Apple Slices noodles, stuffed with ricotta and parmesan cheeses. (So Green Beans With ormato sauce over paste $\bigcirc \bigcirc \bigcirc \bigcirc$ Homemade Intree Cheese Pizza fresh dough layered with ricotta. mozzarella, and Parmesan cheeses \bigcirc Homemade Intree clacone stuffed with three clacone stuffed with three claco		Mozzarella Stick	Meatballs	Toast	Ups	Chicken with Gravy roasted chicken covered
and gooey mozzarella pasta ♥ ♥ Sausage Patty ricotta and parmesan ricotta and parm			-		, 0	
Sticks served with dipping succe of Polatoes Sticks served with dipping succe of Polatoes Glazed Carrots Synup Crispy Polato Puffs Sattleed Cinnamon Apple Slices Cheeses, tomato sauce and melled mozzarella cheeses, tomato sauce and melled mozzarella cheeses Polatoes Green Beans With Washed Polatoes Hand Crafted Three Cheese Pizza fresh dough layered with rootta, mozzarella, and Parmesan cheeses Homemade three Cheese Calzone calzone stuffed with three delicious melled cheese Homemade three Cheese Calzone calzone stuffed with three delicious melled cheeses Papper & Onion Pizza fresh dough layered with rootta, mozzarella, and Parmesan cheeses Homemade three Cheese Pizza, fresh dough layered with rootta, mozzarella, and Parmesan cheeses Homemade three calzone stuffed with three delicious melled cheeses Papper & Onion Pizza fresh dough layered with partice and oil sauce made from scratch, rolled with how scratch, rolled with how scratch, rolled with how scratch, rolled with how scratch, rolled with partice and a Special Calzon or Pizza all featuring whole grain rich pizza dough sauce, mozzarella sauce, mozzarella and asauteed pappers and onions @ O Chicken Cheese Quesadilla hand crafted grilled with Brown Rice & Sweet Corn Chicken Durrito with Brown Rice & sweet Corn Chicken Cheese Brown Rice Sweet Corn Chicken Cheese Brown Rice Sweet Corn Chicken, Cheese and Shredded Lettuce, homemade spicy taco meat inside a crispy taco shall topped with crisps Brown Rice Sweet Corn Chicken, Cheese and Shredded Lettuce, homemade spicy taco meat inside a crispy taco shall topped with crisps Brown Rice Sweet Corn Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Pot	allorld Stall a	,,,			,	
Sauce Sauce Crispy Potato Puffs and melted mozzarella Green Beans Dinner Rolls Potatoes Potatoes Peoper & Onion Pizza Peoper & Onion Pizza Homemade Meatball Calzone Green Beans Homemade Meatball Cheese. Peoper & Onion Pizza Homemade Meatball Peoper & Onion Pizza Homemade Meatball Calzone fresh dough layered with Bacon stuffed with three delicious melted fresh dough lightly Parmesan clazz Fresh dough lightly Fresh dough lightly Parmesan clazz Fresh dough lightly Fresh dough lightly Fresh dough lightly<	S MARKET stic			Syrup	,	
Potatoes Apple Slices Green Beans Cranberry Saut Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricet, amozarella, and Parmesan cheeses Homemade three calzone stuffed with three delicious meted cheeses Homemade Meatball Calzone fresh dough layered with sauce, topped with ricet, amozarella, and Parmesan cheeses Peoper & Onion Pizza fresh dough layered with sauce, mozarella, and Parmesan cheeses Homemade from calzone stuffed with three delicious meted cheeses Homemade Meatball Calzone fresh dough lightly brushed with garic stuffed with of sauce made from scratch, rolled with low fat seasoned ricota and Peoper & Onion Pizza freshly mate pizza dough topped with marinara sauce, mozzarella and sauteed peopers and onions Homemade Chick lightly brushed with sauce, mozzarella and a Special Calzon or Pizza all featuring whole grain rich pizza dough nomemade fiesta chicken, mozzarella and ranch & Chicken Muesadilla homemade fiesta chicken, mozzarella and ranch dressing meted in to a warm torilla Brown Rice Beef & Bean Burrito with Brown Rice & Sweet Corn Chicken Burrito with Brown Rice & Sweet Corn Chicken Cheese Brown Rice Brown Rice Chicken Cheese Brown Rice & Sweet Corn Chicken Cheese brow Rice & Sweet Corn Chicken Cheese Brown Rice & Sweet Corn Chicken Cheese Brown Rice & Sweet Corn Duble Bacon Bu two line and meted cheese on a lightly toped with crisp bacon and fulfy cocked egg Sweet Potato Fries Duble Bacon Bu two juicy all beef pi						Green Beans
Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses Homemade three Cheese Calzone fresh dough lightly bushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and Parmesan cheeses Homemade Chic Calzone fresh dough lightly bushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and Pepper & Onion Pizza freshly made pizza dough lightly bushed with sauce, mozzarella and sauteed peppers and onions ♥ ● Homemade Chic Parmesan Calzon freshly prepared du lightly bushed with sauce, mozzarella and sauteed peppers and onions ♥ ● Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough 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 Chicken Burrito with Brown Rice & Sweet Corn Chicken Cheese bushed with y cheese shell topped with cheese Brown Rice Chicken cheese Brown Rice Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in triyaki sauce, topped with lettuce & tomato prepared in-house end in-house end in-house end Philly Cheese Steak thinly sliced beef topped with sauced peppers, onions and melted cheese on a lightly toasted bun prepared in-house and and fluffy cocked eggs Sweet Potato Fries Double Bacon Buc topped with crisp bacon and fluffy cocked eggs Sweet Potato Fries						Cranberry Sauce
fresh dough layered with sauce, topped with sauce, topped with sauce, topped with ricotta, mozzarella, and Parmesan cheeses calzone stuffed with three delicious melted cheeses fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with for with garlic and oil sauce made from scratch, rolled with for with garlic and oil sauce made from scratch, rolled with for with garlic and oil sauce made from scratch, rolled with for with garlic and oil sauce made from scratch, rolled with for with garlic and oil sauce made from scratch, rolled with for with garlic and oil sauce made from scratch, rolled with for with garlic and oil sauce made from scratch, rolled with for with garlic and on some solution for the sauce, mozzarella and sauce made from scratch, rolled with for with garlic and on some solution for the sauce, mozzarella and souce made from scratch, rolled with for with Brown Rice & Sweet Corn topped with maninara sauce, mozzarella and souce made from with Brown Rice & Sweet Corn topped with maninara sauce, mozzarella and sauce and poper sauce, mozzarella and sauce made from with Brown Rice & Sweet Corn topped with desese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough with Brown Rice & Sweet Corn thicken Chicken Chicken Chicken Chicken Chicken Chicken Chicken and melt chicken, mozzarella and ranch dressing melted into a warm torilla the sauce core Chicken Chi	F			Homemade Meatball		Homemade Chicken
Sauce, topped with ricotta, mozzarella, and Parmesan cheeses image: delicious melted cheeses image: brushed with gariic and oil sauce made from scratch, rolled with low its seasoned ricotta and sauce, mozzarella and sauce, mozzarella and sauce, mozzarella and sauce, mozzarella and sauce, mozzarella and or presend in cold with low its seasoned ricotta and is auce made from sauce, mozzarella and sauce, toped with the sauce, mozzarella and sauce, toped with the sauce, mozzarella and sauce, mozzarella and sauce, toped with the sauce, mozzarella and sauce, toped with the sauce, toped with the comese marinated in teriyaki sauce, topped with the sauce, toped with the sauce, toped	fre				,	Parmesan Calzone
ricotta, mozzarella, and Parmesan cheeses cheeses oil sauce made from scratch, rolled with low fat seasoned ricotta and sauteed peppers and onions garlic stuffed with ch breast topped with to sauce, mozzarella Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough 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 Chicken Burrito with Brown Rice & Sweet Corn Chicken crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Chicken cheese Quesadilla hand crispy taco & Sweet Corn Chicken nozzarella with Brown Rice & Sweet Corn Chicken cheese homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Chicken cheese Brown Rice Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Bun turkey hot dog on soft bun Sweet Potato Fries Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with stude & tomato prepared in-house \mathfrak{S} Bacon and Egg Sandwich warm breakfast sandwich prepared in-house and topped with crisp baco and fluffy cooked eggs Sweet Potato Fries Double Bacon Sweet Potato Fries		0,				lightly brushed with oil &
Parmiesan cheeses Scratch, folied winn fow fat seasoned ricotta and Scratch, folied winn fow fat seasoned ricotta and Dreast topped winn for sauce, mozzarella sauce, mozzarella Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough 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 Chicken Burrito with Brown Rice & Sweet Corn Chicken cheese Brown Rice Brown Rice Chicken cheese Brown Rice Available Daily: Nachos, Cripsy & Soft Tacos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Chicken cheese Brown Rice Chicken, Cheese and Shredded Lettuce, 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 in Philly Cheese Steak thiny sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house and topped with crisp bacon and flufty cooked eggs Sweet Potato Fries Double Bacon Bu two juicy all beef per very botato Fries				Ū	,	garlic stuffed with chicker
Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough 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 Inside a crispy taco homemade spicy taco		'armesan cheeses 🤭		,	onions 🅜 🤔	breast topped with tomato
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 Chicken Cheese homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Chicken Cheese Quesadilla hand crafted grilled tortilla filled with ju chicken and met chicken and sweet Corn 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 co Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in- house co Bacon and Egg Sweet Potato Fries Double Bacon Bu two juicy all beef per cheese, on a soft Sweet Potato Fries		wailable Daily: Chaor	o Dizza Dopporopi Dizza		zzo oli footuring whole gr	
Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla Brown RiceBeef & Bean Burrito with Brown Rice & Sweet Cornhomemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet CornQuesadilla hand crafted grilled totilla filled with ju chicken and mel cheese Brown RiceVertice PrivacionAvailable Daily: Nactors, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,Momemade spicy taco meat inside a crispy taco shell topped with cheese Brown RiceDouble Bacon Bu two juicy all beef per onions and melted cheese on a lightly toasted bun prepared in-house and topped with crisp bacon and fluffy cooked eggs Sweet Potato FriesDouble Bacon Bu two juicy all beef per topped with cheese on a lightly toasted bun prepared in-house and topped with crisp bacon and fluffy cooked eggs Sweet Potato FriesDouble Bacon Bu two juicy all beef per topped with cheese on a lightly toasted bun prepared in-house ejoBacon and Egg Sweet Potato FriesDouble Bacon Bu two juicy all beef per topped with crisp bacon and fluffy cooked eggs Sweet Potato FriesDouble Bacon Bu two juicy all beef per topped with crisp bacon and fluffy cooked eggs Sweet Potato FriesSweet Potato Fries			se Pizza, Pepperoni Pizza	-		
Covering Coverina			Beef & Bean Burrito			
ranch dressing melted into a warm tortilla Brown Rice						hand crafted grilled flour
Image: Second	Pounda Cal	,	& Sweet Corn	& Sweet Corn		tortilla filled with juicy
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, 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 \bigcirc Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house and topped with crisp bacon and fluffy cooked eggs Sweet Potato Fries Double Bacon Bu two juicy all beef pa topped with crisp bacon and fluffy cooked eggs Sweet Potato Fries	GRILL "	•				
Turkey Hot Dog on Bun Grilled Chicken Philly Cheese Steak Bacon and Egg Double Bacon Bu turkey hot dog on soft bun Grilled Chicken breast Philly Cheese Steak Bacon and Egg Sandwich Sweet Potato Fries Sweet Potato Fries Grilled Chicken breast marinated in teriyaki Sauce, topped with beef topped warm breakfast sandwich beef topped topped with crisp bacon topped with crisp bacon topped with crisp bacon Sweet Potato Fries		Brown Rice				Brown Rice
Bun turkey hot dog on soft bun Sweet Potato FriesTeriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house house in-house thinly sliced beef topped with sauteed peppers, onions and melted topped with crisp bacon and fluffy cooked eggs Sweet Potato Friestwo juicy all beef pa topped with crisp bacon and fluffy cooked eggs Sweet Potato Fries		Available Daily: Nach	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Bee	ef, Chicken, Cheese and	Shredded Lettuce,
turkey hot dog on soft bun Sweet Potato Friesgrilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house in-house modewith sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in- house bwarm breakfast sandwich prepared in-house and topped with crisp bacon and fluffy cooked eggs Sweet Potato Friestopped with crisp ba cheese, on a soft Sweet Potato Fries						Double Bacon Burger
Sweet Potato Friesmarinated in teriyaki sauce, topped with lettuce & tomato prepared in-house in-houseonions and melted cheese on a lightly toasted bun prepared in- house bprepared in-house and topped with crisp bacon and fluffy cooked eggs Sweet Potato Friescheese, on a soft Sweet Potato Fries	tur		2			two juicy all beef patties topped with crisp bacon,
RUBY Ruby Interse on a nghty Interse on a nghty Iettuce & tomato prepared in-house Interse on a nghty Interse on a nghty Sweet Potato Fries			•			cheese, on a soft bun
in-house 🤌 house 🤌 Sweet Potato Fries	DIRVS			• •		Sweet Potato Fries
	GRILL				,	
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches	Version design and the second	Available Daily: Ha			en Patties and Spicy Chic	ken Sandwiches
Deli Bar Deli Bar Deli Bar Deli Bar Deli Bar						
						an assortment of cold cuts, cheeses,
condiments and breads condiments and breads condiments and breads condiments and breads			, ,	, , ,	, ,	condiments and breads,
			· ·	-	-	rolls, or wraps to create
	SANDWICH CO			,	2	your own sandwich Sicilian Melt Panini 🍙
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and			Binter 🦱	Ň 1 A 1 🦱 🦱	O and a start and a	
						House Chop Salad with
romaine lettuce with fresh lettuce topped with with Dinner Rolls Waffle Bites Ham & Dinner R		romaine lettuce with	fresh lettuce topped with	with Dinner Rolls	Waffle Bites	Ham & Dinner Rolls
cucumbers, tomatoes, bacon, baked chicken. I tossed fresh spinach. I freshlv prepared meal ham, tomatoes, and	fot	cucumbers, tomatoes, ta cheese, black olives	bacon, baked chicken, shredded cheddar, and	tossed fresh spinach, orange slices, onions and	freshly prepared meal with creamy yogurt	ham, tomatoes, and red
foto chappan block alives a product ahaddar, and arange clicas, onions and with crapmy yogurt poppars on a bose			,	mushrooms, topped with	Belgium waffle bites,	lettuce served with Italian
cth off sta cheese, black olives shredded cheddar, and orange slices, onions and with creamy yogurt, peppers on a bec	EXPRESS		· · · · · · · · · · · · · · · · · · ·	shredded mozzarella 🎻	sunflower protein and	dressing 卪 🤭 🚷
Frait State feta cheese, black olives and red onions shredded cheddar, and chopped egg orange slices, onions and mushrooms, topped with shredded mozzarella with creamy yogurt, Belgium waffle bites, sunflower protein and peppers on a beck	Av	🤣 👘 fruit 🜍 ờ 📎				
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Feta cheese, black olives and red onions shredded cheddar, and chopped egg orange slices, onions and mushrooms, topped with shredded mozzarella with creamy yogurt, Belgium waffle bites, sunflower protein and fruit @ @ @ peppers on a beck lettuce served with dressing @ @ Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner ro Mixed Fruit Fresh Banana Fresh Orange Applesauce Fresh Orange		Fresh Apple	Sliced Peaches	Caesar Salad	Chickpea Salad	Fresh Melon Cup
Feta cheese, black olives and red onions shredded cheddar, and chopped egg orange slices, onions and mushrooms, topped with shredded mozzarella with creamy yogurt, Belgium waffle bites, sunflower protein and fruit @ @ 0 peppers on a bec lettuce served with dressing P @ Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner ro Caesar Salad Fresh Melon Cup Sliced Peaches Mixed Fruit Fresh Melon Cup Sliced Peaches Caesar Salad Fresh Orange Sliced Peaches Caesar Salad Applesauce Kiwi Chickpea Salad Fresh Melon Cup Sliced Peaches	Healthu	Pasta Salad	Pasta Salad	Pasta Salad		Caesar Salad
Feta cheese, black olives and red onions shredded cheddar, and chopped egg orange slices, onions and mushrooms, topped with shredded mozzarella with creamy yogurt, Belgium waffle bites, sunflower protein and fruit @ @ peppers on a beck lettuce served with dressing Available Daily: Garden Salad, Chef Salad, Caesar Salad, Creasar	HARVEST					
feta cheese, black olives and red onions shredded cheddar, and chopped egg orange slices, onions and mushrooms, topped with shredded mozzarella with creamy yogurt, Belgium waffle bites, sunflower protein and fruit @ @ @ peppers on a beck lettuce served with is dressing Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner ro Mixed Fruit Caesar Salad Fresh Apple Homemade Lite Veggie Fresh Banana Fresh Melon Cup Sliced Peaches Homemade Lite Veggie Fresh Orange Sliced Peaches Homemade Lite Veggie Applesauce Kiwi Chickpea Salad Homemade Lite Veggie Fresh Orange Mixed Fruit Fresh Melon Cup Sliced Peaches Homemade Lite Veggie	Sal	ad Bar - a variety	of Veggies Legume	Fruit & Fresh Fruit	Available Daily Cho	ice of Milk is
Image: Street Control of Street Con			al degrees, reguille			
Image: Size PRESS Image: Size Action of the stand	WHITSONS' SIMPL	YROOT		wo types of milk available daily	: 1% low fat unflavored, fat fre	e flavored, fat free unflavored
Image: Since Control feta cheese, black olives and red onions () () () shredded cheddar, and chopped egg () orange slices, onions and mushrooms, topped with shredded mozzarella () with creamy yogurt, Belgium waffle bites, sunflower protein and fruit () peppers on a beck of the state of th		Straight Electron and a section of the		wailable daily with salad lunch	: protein choice, whole grain it	em, fruit choice & milk choic
Image: Since Constraints feta cheese, black olives and red onions @ @ shredded cheddar, and chopped egg @ orange slices, onions and mushrooms, topped with shredded mozzarella @ with creamy yogurt, Belgium waffle bites, sunflower protein and full @ peppers on a beck of the standard with a standard with and chopped egg @ with creamy yogurt, Belgium waffle bites, sunflower protein and full @ peppers on a beck of the standard with a stand			i m	edical conditions. Menu is subject to chan	ge, notice posted when available. If you ha	ve any questions or would like additions
Image: Single	more natural, organic and non GMO options.	s. We also offer gluten and allerg	gen free foods	information regarding this menu, pleas	e contact the food service director. This ins	sitution is an equal opportunity provide
Feta cheese, black olives and red onions @ @ shredded cheddar, and chopped egg @ orange slices, onions and mushrooms, topped with shredded mozzarella @ with creamy yogurt, Beigim waffe bits, sufflower protein and fruit @ @ @ peppers on a bec sufflower protein and fruit @ @ @ Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner ro Nixed Fruit Caesar Salad Fresh Apple Homemade Lite Veggie Pasta Salad Fresh Banana Fresh Melon Cup Sliced Peaches Disced Peaches Homemade Lite Veggie Pasta Salad Applesauce Kiwi Chickpea Salad Homemade Lite Veggie Pasta Salad Fresh Orange Sliced Peaches Caesar Salad Homemade Lite Veggie Pasta Salad Splesauce Kiwi Chickpea Salad Homemade Lite Veggie Pasta Salad Fresh Melon Cup Sliced Peaches Caesar Salad Homemade Lite Veggie Pasta Salad Splesauce Kiwi Chickpea Salad Homemade Lite Veggie Pasta Salad Fresh Apple Sliced Peaches Caesar Salad Homemade Lite Veggie Pasta Salad Splesauce Kiwi Chickpea Salad Homema		ie. Crieck us out at www.whitso	ns.com. 🧭 Vegetarian	Natural Ingredients	Pork 🚱 Smart Choice	Made With Organic Ingredients

Welcome to our Lunch Cafe

3/23/2020 - 3/27/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World TA	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🔗 📎 Homemade Garlic Bread Green Beans	Sweet & Sour Chicken Sauce & Toss popcorn chicken in a sweet & sour sauce Brown Rice Pilaf Steamed Broccoli	Staff Development Day No School	Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes Corn Bread Stuffing Glazed Carrots	Chicken & Beef Fajitas with Brown Rice & Fiesta Corn
Aucina Cucina	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses Available Daily: Chees	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🎅	and a Special Calzon or Pi	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicker breast topped with tomato sauce, mozzarella & ain rich pizza dough
	Chicken Cheese	Crispy Tacos	<u>⊢</u>	Ranch & Chicken	Crispy Tacos
Coyote	Ruesadilla rafted grilled flour a filled with juicy cken and melty cheese Brown Rice	homemade spicy taco meat inside a crispy taco shell topped with cheese	NATIONAL NUTRITION MONTH MARCH 2819	Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla	homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn
	Current Comm	hos, Cripsy & Soft Tacos,	Taco Dowis with INICAL Bee	ef, 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 🄗		Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warn roll Sweet Potato Fries
	lable Daily: Ha	amburgers, Cheeseburge	rs, Veggie Burgers, Chicke	en Patties and Spicy Chic	ken Sandwiches
Great Samerican AMERICAN	eli Bar rtment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Melt Available Daily: Asso	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey & Cheese	s, popcorn chicken, tuna, c	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Vegetarian Hummus	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Big Bird Panini ??
	Greek Salad	Cobb Salad		Simply Boxed Belgium	Chicken Caesar Salad
Frait and EXPRESS	romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions (??) (??)	fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🤗		Waffle Bites freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit 💎 🤔 📎	chicken caesal salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🤌
	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	ad, Organic Fruit & Yogurt Par	fait 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	Fresh Orange Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad
	Salad Bar - a variety	of Veggies, Legume	s, Fruit & Fresh Fruit	Available Daily. Cho	oice of Milk is
	LY ROO in food	FED <i>c family</i> At least t	Meal price includes: protein wo types of milk available daily Available daily with salad lunch	choice, fresh veggie choice, fre : 1% low fat unflavored, fat fre : protein choice, whole grain it	sh fruit choice & bread choice e flavored, fat free unflavored .em, fruit choice & milk choice
	family. Our menus are healthy, nutritio /e are phasing out processed foods and	Cor	isuming raw or under cooked meat, poultry nedical conditions. Menu is subject to chan	ge, notice posted when available. If you ha	ve any questions or would like additiona
	options. We also offer gluten and allers	row fund foods	information regarding this menu, pleas	a constant the food and in the total	sitution is an areal survey it it

Welcome to our Lunch Cafe

3/30/2020 - 3/31/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World St.	Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese Homemade Garlic	Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Sauteed Cinnamon			
Near II	Steamed Broccoli Margherita Pizza	Apple Slices			
Le MON	freshly prepared dough ghtly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes	Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low			
	and basil 🍞 🤔	fat seasoned ricotta and	and a Special Calzon or F	Pizza all featuring whole g	roin rich nizza daugh
	Mexican Salad	Buffalo Chicken and	and a Special Calzon or P	fizza all featuring whole g	rain rich pizza dough
Coyote GRILL	salad with beans, corn, sour cream, and salsa $\bigotimes \bigotimes$ Brown Rice Sweet Corn	Cheese Quesadilla fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce			
	Available Daily: Nacl	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	eef, Chicken, Cheese and	Shredded Lettuce,
	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Baked Potato Wedges	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🔗 🔇 Sweet Potato Fries			
			rs, Veggie Burgers, Chicl	ken Patties and Spicy Chio	cken Sandwiches
Great Samerican	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Caesar Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Grilled Cheese			
	Available Daily: Asso	rted Boars Head cold cuts	s, popcorn chicken, tuna,	cheeses and whole grain	rich bread, rolls and
Frait Star	Simply Boxed Hummus Energy Pack freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables of 6	Simply Boxed Belgium Waffle Bites freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit () () () ()			
	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Pa	arfait and Smoothies Includes	s whole wheat dinner roll
Healthy	Fresh Granny Smith Apple Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad	Fresh Apple Chickpea Salad Homemade Lite Veggie Pasta Salad Sliced Peaches			
	Salad Bar - a variety	of Veggies, Legume	s, Fruit & Fresh Fruit	t Available Daily. Cho	oice of Milk is
WHITSONS' SIMP	LY ROO		wo types of milk available dail	y: 1% low fat unflavored, fat fr	esh fruit choice & bread choice. ee flavored, fat free unflavored. item, fruit choice & milk choice
made from wholesome ingredients. W	amily. Our menus are healthy, nutritio e are phasing out processed foods and options. We also offer gluten and allery	us and flavorful, ***Cor instead, offering you have certain n	isuming raw or under cooked meat, poult nedical conditions. Menu is subject to cha information regarding this menu, ple:	ry, seafood, shellfish or eggs may increase nge, notice posted when available. If you h ase contact the food service director. This ir	your risk of food borne illness, especially if lave any questions or would like additional nsitution is an equal opportunity provider.
and purchase locally when seasonally	available. Check us out at www.Whitso	ns.com. 🔗 Vegetarian	Made With Natural Ingredients	Pork Smart Choice	Made With Organic Ingredients