Welcome to our Lunch Cafe

1/4/2021 - 1/8/2021

te	Monday	Tuesday	Wednesday	Thursday	Friday	
	Whole Grain Waffles with Sausage light and crispy waffles	Baked Chicken Fluffy Mashed Potatoes	To Go Meal Pick up	Homemade Chicken & Broccoli Alfredo grilled chicken and	Chicken Nugget & Mozzarella Stick Combo	
World 🗺	served with a sausage	Sweet Corn	8:00am until 11:00	broccoli florets tossed in a creamy sauce over	Crispy chicken nuggets and gooey mozzarella	
6 MARKET	Sauteed Cinnamon Apple Slices	Garlic Cheese Biscuit	At All 4 Flomontony	tender pasta 🤭 📎	sticks served with dipping	
	Home Fries		At All 4 Elementary Schools	Homemade Garlic Bread	sauce 🤔 Homemade Garlic Bread	
	Homemade three	Homemade Chicken		Margherita Pizza	Hand Crafted Three	
	Cheese Calzone calzone stuffed with three	Parmesan Calzone freshly prepared dough		freshly prepared dough lightly brushed with garlic	Cheese Pizza fresh dough layered with	
la	delicious melted	lightly brushed with oil &		and oil, topped with	sauce, topped with	
CUCINA	cheeses 🤭	garlic stuffed with chicken breast topped with tomato sauce, mozzarella &		tomato sauce, mozzarella cheese, fresh tomatoes and basil 💎 🤔	ricotta, mozzarella, and Parmesan cheeses 🤗	
	Available Daily: Chees		and a Special Calzon or P	izza all featuring whole gra	ain rich pizza dough	
	Cheese Quesadilla	Nachos Grande		Nachos Grande	Mexican Salad	
	freshly grilled flour tortilla with melted cheese	tortilla chips topped with freshly prepared mexi		tortilla chips topped with freshly prepared mexi	salad with beans, corn, sour cream, and salsa	
out a	Brown Rice	style meat and cheese		style meat and cheese		
Coyote	Sweet Corn	sauce		sauce	Brown Rice	
7 ORILL		Brown Rice Sweet Corn			Sweet Corn	
N N	Available Daily: Nach	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,	
	Pizza Burger burger topped with pizza	Double Bacon Burger two juicy all beef patties		Sausage Onions & Peppers Sandwich	Smokehouse Pulled Pork Sandwich	
	sauce, mozzarella	topped with crisp bacon,		Italian sausage sandwich	smokehouse pulled pork	
Miss	cheese and romaine	cheese, on a soft bun		topped with sauteed	on a roll with cole slaw	
RURV'S	lettuce on a bun 🤭	Sweet Potato Fries		onions and peppers P		
GRILL	Sweet Potato Fries			😕 Sweet Potato Fries	Sweet Potato Fries	
	Available Daily: Ha	amburgers, Cheeseburger	s, 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	
	cuts, cheeses,	cuts, cheeses,		cuts, cheeses,	cuts, cheeses,	
Great 🥪	condiments and breads,	condiments and breads,		condiments and breads,	condiments and breads,	
AMERICAN	rolls, or wraps to create your own sandwich	rolls, or wraps to create your own sandwich		rolls, or wraps to create your own sandwich	rolls, or wraps to create your own sandwich	
SANDWICH CO.	Chicken Salad Wrap	Turkey Club Wrap 🤭		Roast Beef Wrap 🤭	Vegetarian Hummus	
			, popcorn chicken, tuna, o	cheeses and whole grain r		
	Cobb Salad fresh lettuce topped with	Garden Salad with Chicken Salad		Chicken Caesar Salad fresh romaine topped with	Buffalo Chicken Salad with Dinner Rolls	
	bacon, baked chicken,	chicken salad on a bed of		parmesan cheese,	spicy chicken on a bed of	
Frait Som	shredded cheddar, and	lettuce, cucumbers,		chicken, and croutons	romaine lettuce with	
EXPRESS	chopped egg 🤔	carrots and tomatoes 🤔		with dinner rolls 🤭	cucumbers, carrots and tomatoes 🤗	
	Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
	Fresh Orange	Fresh Orange		Fresh Apple	Fresh Orange	
	Sliced Peaches Potato Salad	Mixed Fruit Freeb Moleon Cup		Sliced Peaches	Sliced Peaches Potato Salad	
	Side Salad	Fresh Melon Cup Potato Salad		Potato Salad Side Salad	Side Salad	
Healthy	Homemade Lite Veggie	Side Salad		Homemade Lite Veggie	Homemade Lite Veggie	
HARVEST O	Pasta Salad	Homemade Lite Veggie Pasta Salad		Pasta Salad	Pasta Salad	
No.	Variety of Veggies, Legun	nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mi	lk is included with all meal	s.	
HITSONS SIMP	N ROOT			lunch for all students for schools on the		
School Nutrition	in food &	c <i>family</i> All lune	ches include a meat or meat alternate, ch	ners. Inquire with your schools district of 10ice of fruit, choice of vegetable, choice of	1%, fat free or flavored milk & a grain.	
	family. Our menus are healthy, nutrition /e are phasing out processed foods and		edical conditions. Menu is subject to char	ry, seafood, shellfish or eggs may increase y nge, notice posted when available. If you ha	ve any questions or would like additional	
nore natural, organic and non GMO	options. We also offer gluten and allerg	en free foods	information regarding this menu, plea	ise contact the food service director. This in	sitution is an equal opportunity provider.	
na purchase locally when seasonally	vavailable. Check us out at www.Whitso	ns.com. 🔗 😯 Vegetarian	🤣 Made With Natural Ingredients	Pork 🚱 Smart Choice	🛞 Made With Organic Ingredients	

1/11/2021 - 1/15/2021

Welcome to our Lunch Cafe

Calif.	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade Chicken & Broccoli Alfredo grilled chicken and	Chicken Nugget & Mozzarella Stick Combo		Whole Grain French Toast slices of French toast	Baked Chicken Tenders crispy chicken tenders
1110xPd St	broccoli florets tossed in	Crispy chicken nuggets		baked to perfection 🅜	perfect for dipping in you
World 🕅	a creamy sauce over tender pasta 🤭 🚷	and gooey mozzarella sticks served with dipping		Sausage Patty Crispy Potato Puffs	<i>favorite sauce</i> Fluffy Mashed
	Homemade Garlic	sauce 🤔		.,	Potatoes Homemade Garlic
	Bread	Homemade Garlic Bread			Bread
	Hawaiian Pizza ham and pineapple	Hand Crafted Three Cheese Pizza		Homemade three Cheese Calzone	Homemade Chicken Parmesan Calzone
	chunks over a cheese	fresh dough layered with		calzone stuffed with three	freshly prepared dough
1a	pizza slice 🕑 🤔	sauce, topped with ricotta, mozzarella, and		delicious melted cheeses 🤔	lightly brushed with oil & garlic stuffed with chicke
CUCINA		Parmesan cheeses 🤌			breast topped with tomate sauce, mozzarella &
	Available Daily: Chees	se Pizza, Pepperoni Pizza a	nd a Special Calzon or F	izza all featuring whole gra	in rich pizza dough
	Nachos Grande tortilla chips topped with	Mexican Salad salad with beans. corn.		Mexican Salad salad with beans. corn.	Nachos Grande tortilla chips topped with
	free hly prepared mexi	sour cream, and salsa		sour cream, and salsa	freshly prepared mexi
Coyote	meat and cheese	🤌 🥹		🤌 🚱	style meat and cheese
GRIL MEN	sauce	Brown Rice Sweet Corn		Brown Rice Sweet Corn	sauce
	wijable Daily: Naci		Faco Bowls with Mexi Be	eef, Chicken, Cheese and	Shredded Lettuce
	Sausage Onions &	Smokehouse Pulled		Grilled Chicken	Chicken Club
	Peppers Sandwich	Pork Sandwich		Teriyaki Sandwich	Sandwich
100.	Italian sausage sandwich topped with sauteed	smokehouse pulled pork on a roll with cole slaw		grilled chicken breast marinated in teriyaki	hand crafted sandwich with grilled chicken,
Miss O	onions and peppers P			sauce, topped with	crispy bacon, lettuce and
	1	Sweet Potato Fries		lettuce & tomato prepared	juicy tomatoes 🤭
	Sweet Potato Fries	amburgers Cheeseburgers	s Veggie Burgers Chick	in-house 🤭 cen Patties and Spicy Chick	Sweet Potato Fries
	Deli Bar	Deli Bar		Deli Bar	Deli Bar
	an assortment of cold	an assortment of cold		an assortment of cold	an assortment of cold
	cuts, cheeses, condiments and breads,	cuts, cheeses, condiments and breads,		cuts, cheeses, condiments and breads,	cuts, cheeses, condiments and breads,
Great 🥪	rolls, or wraps to create	rolls, or wraps to create		rolls, or wraps to create	rolls, or wraps to create
AMERICAN SANDWICH CO.	your own sandwich	your own sandwich		your own sandwich	your own sandwich
Alexandra and a second	Chicken Salad Wrap	Turkey Club Wrap 🤭	popcorn chicken, tuna,	Buffalo Chicken Wrap	Chicken Salad Wrap
	Chicken Caesar Salad	Buffalo Chicken Salad		Chef Salad	Tuna Salad Plate
	fresh romaine topped with	with Dinner Rolls		fresh lettuce topped with	garden salad topped with
	parmesan cheese, chicken, and croutons	spicy chicken on a bed of romaine lettuce with		sliced deli meats and cheeses 💿 🤗	freshly made tuna salad
Frait som	with dinner rolls 🤭	cucumbers, carrots and			2
EXPRESS		tomatoes 🤔			
	Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll				
	Fresh Apple Sliced Peaches	Fresh Orange Sliced Peaches		Fresh Melon Cup cubed fresh melon	Fresh Orange Sliced Peaches
	Potato Salad	Potato Salad		Garden Salad	Potato Salad
Healthy	Side Salad Homemade Lite Veggie	Side Salad Homemade Lite Veggie		Diced Pear Cup Potato Salad	Side Salad Homemade Lite Veggie
HARVEST	Pasta Salad	Pasta Salad		Homemade Lite Veggie Pasta Salad	Pasta Salad
	Variety of Veggies, Legur	nes, Fruit & Fresh Fruit Ava	ilable Daily. Choice of M	ilk is included with all meals	5.
	ΡΙΥΒΟΟΊ	Chinach Cal	adwith	l lunch for all students for schools on the M rners. Inquire with your schools district off	
VHITSONS"				1 , , , , , , , , , , , , , , , , , , ,	55
School Nutrition	<i>in food &</i> family. Our menus are healthy, nutritio	<i>C family</i> Bacon Feta	hes include a meat or meat alternate, c . 200	rners. Inquire with your schools district off hoice of fruit, choice of vegetable, choice of try, seafood, shellfish or eggs may increase yo	1%, fat free or flavored milk & a grai ur risk of food born <u>e illness, esneciallv</u>
school Nurrition We are Simply Rooted™ in food and made from wholesome ingredients. W	in food (family. Our menus are healthy, nutritio Ve are phasing out processed foods and options. We also offer gluten and allers	C family us and flavorful, instead, offering OnionSertain me	hes include a meat or meat alternate, c , and uming raw or under cooked meat, poul edical conditions. Menu is subject to cha	hoice of fruit, choice of vegetable, choice of ry, seafood, shellfish or eggs may increase yc nge, notice posted when available. If you hav ase contact the food service director. This ins	ur risk of food borne illness, especially ve any questions or would like addition

Welcome to our Lunch Cafe

1/18/2021 - 1/22/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World TA S MARKET	Civil Rights Day NO School	Baked Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Fluffy Mashed Potatoes Sweet Corn Homemade Garlic		Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🔗 📎 Homemade Garlic Bread Green Beans	Baked Chicken Fluffy Mashed Potatoes Sweet Corn Corn Bread
Le CUCINA	Available Daily: Chee	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & se Pizza, Pepperoni Pizza ar	nd a Special Calzon or P	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions (?) (?)	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &
	Available Dally. Chee				
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	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Sweet Corn
	Available Daily: Nac	hos, Cripsy & Soft Tacos, Ta	aco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S GRILL		Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries	· _ · _ · _ · _ · _ ·	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries
	Available Daily: H	amburgers, Cheeseburgers	, Veggie Burgers, Chick	· · ·	en Sandwiches
Great Standard	Available Daily: Asso	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap orted Boars Head cold cuts,	popcorn chicken, tuna,	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Teriyaki Chicken	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap of ch bread, rolls and
	Available buily. Asso	Antipasto Salad with		Cobb Salad	Tuna Salad Plate
Frait And EXPRESS		salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🔗 📎		fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🤌	garden salad topped with freshly made tuna salad
Contraction of the second s	Available Daily: Garden S	alad, Chef Salad, Caesar Salad,	Organic Fruit & Yogurt Pa	rfait and Smoothies Includes v	whole wheat dinner roll
Healthy MARVEST		Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad		Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
A contract of the second of	Variety of Veggies, Legu	mes, Fruit & Fresh Fruit Avail	able Daily. Choice of Mi	lk is included with all meals	5.
made from wholesome ingredients. W more natural, organic and non GMO	PLY Rood family. Our menus are healthy, nutritid ve are phasing out processed foods and options. We also offer gluten and aller available. Check us out at www.Whits	<i>C family</i> was and flavorful, l instead, offering gen free foods	pe served for in person and virtual lear es include a meat or meat alternate, ch ming raw or under cooked meat, poulti dical conditions. Menu is subject to chai	lunch for all students for schools on the N ners. Inquire with your schools district offi wice of fruit, choice of vegetable, choice of ry, seafood, shellfish or eggs may increase yo nge, notice posted when available. If you hav se contact the food service director. This ins Pork	ice to see if your school is participating. 1%, fat free or flavored milk & a grain. ur risk of food borne illness, especially if re any questions or would like additional

1/25/2021 - 1/29/2021

Welcome to our Lunch Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday
World St	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🔗 🚱 Homemade Garlic Bread Green Beans	Baked Chicken Fluffy Mashed Potatoes Sweet Corn Corn Bread		Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Fluffy Mashed Potatoes Green Beans Garlic Cheese Biscuit	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🤭 Brown Rice Vegetable Egg Roll
C NEALESS	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions P	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & se Pizza, Pepperoni Pizza a	and a Special Calzon or I	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken 🎅	Pepperoni and Cheese Calzone P &
Coyote GRILL	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice		Mexican Salad salad with beans, corn, sour cream, and salsa ờ ô Brown Rice Sweet Corn	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese
	Available Daily: Nacl	hos, Cripsy & Soft Tacos,	Taco Bowls with Mexi B	eef, Chicken, Cheese and	
Miss RUBY'S GRILL	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries Available Daily: Ha	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries	s, Veggie Burgers, Chic	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house ken Patties and Spicy Chick	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato comato
	Deli Bar	Deli Bar		Deli Bar	Deli Bar
Great AMERICAN AMERICAN	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Teriyaki Chicken	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap 🤌		an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap 🤌	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap
	Available Daily: Asso	rted Boars Head cold cuts	, popcorn chicken, tuna,	cheeses and whole grain ri	ch bread, rolls and
Frait Strait EXPRESS	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 🚱 🤔		Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🤌	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🔗 📎
	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Pa	arfait and Smoothies Includes	whole wheat dinner roll
Healthy	Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad		Fresh Orange Garden Salad Sliced Peaches Potato Salad Spinach Salad	Fresh Orange Diced Pear Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Kiwi
	Variety of Veggies, Legur	nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of N	lilk is included with all meals	5.
	PLY Rood in food family. Our menus are healthy, nutritio Ve are phasing out processed foods and	C family Meals are approved to C family All lund us and flavorful, ***Con	b be served for in person and virtual le thes include a meat or meat alternate, suming raw or under cooked meat, pou edical conditions. Menu is subject to ch	d lunch for all students for schools on the N arners. Inquire with your schools district off choice of fruit, choice of vegetable, choice of ltry, seafood, shellfish or eggs may increase yc ange, notice posted when available. If you ha	ice to see if your school is participating 1%, fat free or flavored milk & a grain ur risk of food borne illness, especially ij re any questions or would like additiona
	options. We also offer gluten and allers	ren free foods	information regarding this menu, pl	ease contact the food service director. This ins	itution is an equal oppor <u>tunity provider</u>