Welcome to our Lunch Cafe

10/1/2021 - 10/1/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Allowed XX					Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese
World TT					sauce Brown Rice Sweet Corn
					Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with
CUCINA					ricotta, mozzarella, and Parmesan cheeses
	Available Daily: Chees	se Pizza, Pepperoni Pizz	a and a Special Calzon or	Pizza all featuring whole g	rain rich pizza dough
					Buffalo Chicken Sandwich
Miss					warm sandwich prepared in-house with spicy marinated chicken breast
RUBYS	Assettable Dether H		Name of Barrers Objective	Lan Battian and Onion Obi	crisp lettuce and sliced tomato
	Available Daily: H	amburgers, Cheeseburg	ers, Veggie Burgers, Chic	ken Patties and Spicy Chi	_
					Deli Bar an assortment of cold cuts, cheeses,
Great AMERICAN					condiments and breads,
					rolls, or wraps to create your own sandwich
	Available Daily: Asso	rted Boars Head cold cu	Its, popcorn chicken, tuna	, cheeses and whole grain	rich bread, rolls and
					Buffalo Chicken Salad with Dinner Rolls
					spicy chicken on a bed of
Frait Am					romaine lettuce with cucumbers, carrots and
EXPRESS					tomatoes 🤔
	Available Daily: Garden S	alad, Chef Salad, Caesar Sa	llad, Organic Fruit & Yogurt P	arfait and Smoothies Include	
					Fresh Orange Sliced Peaches
					Potato Salad Side Salad
Healthy HARVEST 9					Homemade Lite Veggie Pasta Salad
	Variety of Veggies, Legur	mes, Fruit & Fresh Fruit A	vailable Daily. Choice of M	lilk is included with all me	als.
Whitsons is Sin	nply Rooted® in food and fam	ily, and The USDA has	s approved FREE breakfast and l	unch for all students attending s	chools on the NSLP/SBP for



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the

App Store or Google Play, and view your

menu on your mobile device anywhere.

**Vegetarian** 









Welcome to our Lunch Cafe

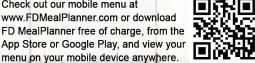
10/4/2021 - 10/8/2021

World TA	Monday Turkey Hot Dog on Bun turkey hot dog on soft bun Baked Beans Sweet Potato Fries	Tuesday Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Wednesday  Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken Homemade Mac & Cheese	Cinnamon French Toast slices of French toast baked to perfection Sausage Patty Crispy Potato Puffs	Friday  Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Sweet Corn		
2ª CUCINA	Meatball Pizza cheese pizza topped with sliced meatball	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions	Bread French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection P	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp		
Miss A	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki	Chicken Club Sandwich hand crafted sandwich with grilled chicken,		
RUBYS	cheese on a lightly toasted bun prepared in- house  Available Daily: Ha	topped with melted mozzarella 👸 🚱	on a bun and prepared in- house Sweet Potato Fries S. Veggie Burgers, Chicke	sauce, topped with lettuce & tomato prepared in-house	crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries Ken Sandwiches		
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar		
Great SAMERICAN	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken 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	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap		
	Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and						
Frait Alea EXPRESS	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites,	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit	<u> </u>	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites,		
	Sunflower protein and	alad Chof Salad Capsar Salad	A Organic Fruit & Vogurt Par	fait and Smoothies Includes	sunflower protein and		
Healthy	Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches Potato Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Melon Cup cubed fresh melon Garden Salad Potato Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad		



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the

menu on your mobile device anywhere.



Onions











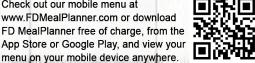
Welcome to our Lunch Cafe

10/11/2021 - 10/15/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World To MARKET	Columbus Day	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Pasta with Meat Sauce freshly cooked pasta with meat sauce & & & The Mean of the meat sauce freshly and the meat sauce freshly an	Baked Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Dinner Rolls Green Beans Fluffy Mashed Potatoes	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Sweet Corn
a CUCINA	Available Daily: (	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions	Chicken, Bacon, Ranch Pizza
	Available Daily: C	neese Pizza, Pepperoni Pi	zza and vegetable Pizza a	in leaturing whole grain ric	ch pizza dough
		Chicken Club	Bacon Cheeseburger	Meatball Hero	Double Bacon Burger
		Sandwich hand crafted sandwich	burger topped with cheese and bacon on a	freshly baked meatballs mixed in a rich tomato	two juicy all beef patties topped with crisp bacon,
Miss RUBY'S		with grilled chicken, crispy bacon, lettuce and juicy tomatoes & Sweet Potato Fries	freshly toasted bun Sweet Potato Fries	sauce inside a soft roll topped with melted mozzarella 🔗 📎 Sweet Potato Fries	cheese, on a soft bun Sweet Potato Fries
	Available Daily: H	amburgers, Cheeseburgers	s, Veggie Burgers, Chicke	en Patties and Spicy Chick	ken Sandwiches
Great SAMERICAN SAMERICAN		Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Wrap*	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
	Available Daily: Asso	rted Boars Head cold cuts		ί Α /	
Frait See	·	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses
	Available Daily: Garden S	alad, Chef Salad, Caesar Salad	l, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
	•			Applesauce	Fresh Orange
Healthy	·	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the



flavored milk & a grain. \*\*\*\*Consuming raw or under sh or eggs may increase your risk of food borne illness, conditions. Menu is subject to change, notice posted









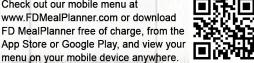
Welcome to our Lunch Cafe

10/18/2021 - 10/22/2021

Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Dinner Rolls Oven Baked Fries	meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Meatballs freshly baked meatballs with tomato sauce over pasta (**) Homemade Garlic Bread Green Beans	Early Release No Lunch	tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Sweet Corn	
Spinach Bianco Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection (2) (2)  Available Daily: Chees	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses	Sausage Pizza traditional pizza slice topped with sausage	za all featuring whole g	Spinach Bianco Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection perfection	
Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Sweet Potato Fries	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house		Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers P	
Available Daily: Ha	mburgers, Cheeseburgers	s, Veggie Burgers, Chicker	n Patties and Spicy Chic		
Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap		Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap	
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit	Classic Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions (?)		Chicken Caesar Salac fresh romaine topped wit parmesan cheese, chicken, and croutons with dinner rolls	
Available Daily: Garden Sa	l alad, Chef Salad, Caesar Salad	d, Organic Fruit & Yogurt Parfa	ait and Smoothies Includes	whole wheat dinner roll	
Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Sliced Pears		Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	
	Dinner Rolls Oven Baked Fries  Spinach Bianco Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection Available Daily: Chees  Buffalo Chicken Sandwich breast and spinach, baked to perfection Available Daily: Chees  Buffalo Chicken Sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato  Available Daily: Ha  Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap  Available Daily: Assor  Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Ficed Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Dinner Rolls Oven Baked Fries  Spinach Bianco Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection Available Daily: Cheese Pizza, Pepperoni Pizza a  Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap  Available Daily: Assorted Boars Head cold cuts, sheeded cheddar, and chopped egg  Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Dinner Rolls Oven Baked Fries  Spinach Bianco Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection perfection for the sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato tomato  Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap  Available Daily: Assorted Boars Head cold cuts, sheded cheddar, and chopped egg or the salad Year Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad  Homemade Lite Veggie Pasta Salad  Homemade Lite Veggie Pasta Salad  Homemade Lite Veggie Pasta Salad  Homemade Lite Veggie Pasta Salad  Fresh Grange  Sausage Pizza traditional pizza slice traditional pizza slice straditional pizza slice traditional pizza slice stratitional pizza slice traditional pizza slice traditional pizza slice sausage Pizza traditional pizza slice slouped with sause, topped with sause, topped with lauce, tomato prepared in- trolled Chicken Tratis traditional pizza slice traditional pizza slice traditional pi	Dinner Rolls Oven Baked Fries Spinach Bianco Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection  Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole gra  Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato  Sweet Potato Fries  Available Daily: Hamburgers, Cheeseburgers, Veggle Burgers, Chicken Pattles and Spicy Chic cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap  Available Daily: Assorted Boars Head cold cuts, cheeses, rolls, or wraps to create your own sandwich Chicken Salad Wrap  Available Daily: Sastored Boars Head cold cuts, cheeses, granola and diried fruit  Power Pack fresh in many free cheese, protato Salad Chepped egg  Fresh Orange Sliced Peaches Potato Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad  Fresh Orange Pasta Salad Homemade Lite Veggie Pasta Salad  Fresh Orange Pasta Salad  Fresh Pasta Salad  Homemade Lite Veggie Pasta Salad  Homemade Lite Veggie Pasta Salad  Fresh Pasta Salad  Homemade Lite Veggie Pasta Salad	



our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the













Welcome to our Lunch Cafe

10/25/2021 - 10/29/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World 🗺	Cinnamon French Toast slices of French toast baked to perfection  Sausage Patty	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice	Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes	Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Applesauce	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce
MARKET I	Crispy Potato Puffs	Sweet Corn	Green Beans		Brown Rice Sweet Corn
MONDA	Macho Taco Pizza homemade fiesta style taco meat, tomato sauce,	French Bread Pizza toasted French bread topped with pizza sauce	Hawaiian Pizza ham and pineapple chunks over a cheese	Hand Crafted Buffalo Chicken Pizza fresh dough layered with	Hand Crafted Buffald Chicken Pizza fresh dough layered with
gucina Cucina	mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 跉	and melted cheese 🕜	pizza slice <page-header> 🤔</page-header>	sauce, topped with cheese and Buffalo chicken pieces and baked until crisp	sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🙌
		e Pizza, Pepperoni Pizza	and a Special Calzon or Pi	zza all featuring whole gra	ain rich pizza dough
	BBQ Chicken Sandwich	Bacon Cheeseburger burger topped with	Meatball Hero freshly baked meatballs	Grilled Chicken Teriyaki Sandwich	Chicken Club Sandwich
Misa RUBY'S	warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Sweet Potato Fries	cheese and bacon on a freshly toasted bun P Sweet Potato Fries	mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella	grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house	hand crafted sandwick with grilled chicken, crispy bacon, lettuce al juicy tomatoes
		amburgers, Cheeseburger	Sweet Potato Fries s, Veggie Burgers, Chicket		Sweet Potato Fries ken Sandwiches
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar
	an assortment of cold	an assortment of cold	an assortment of cold	an assortment of cold	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 bread rolls, or wraps to creat
AMERICAN	your own sandwich	your own sandwich	your own sandwich	your own sandwich	your own sandwich
SANDWICH CO.	Chicken Salad Wrap	Chicken Salad Wrap	Roast Beef Wrap 🤔	Turkey Club Wrap 🤔	Chicken Salad Wrap
	Available Daily: Asso	rted Boars Head cold cuts	, popcorn chicken, tuna, c	heeses and whole grain r	ich bread, rolls and
	Classic Chef Salad fresh lettuce topped with	Simply Boxed Belgian Waffle Bites	Chicken Caesar Salad fresh romaine topped with	Cobb Salad fresh lettuce topped with	Simply Boxed Belgia Waffle Bites
	sliced deli meats and	freshly prepared grab and	parmesan cheese,	bacon, baked chicken,	freshly prepared grab a
Their sa	cheeses 📭 🤔	go meal featuring creamy	chicken, and croutons	shredded cheddar, and	go meal featuring crear
Frait Stan		yogurt, whole grain	with dinner rolls 🤔	chopped egg 🤔	yogurt, whole grain
express [		Belgian waffle bites,			Belgian waffle bites,
and the second	Available Daily: Garden Sa	sunflower protein and	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	sunflower protein and
	Fresh Orange	Fresh Orange	Fresh Apple	Fresh Orange	Fresh Orange
	Mixed Fruit	Sliced Peaches	Sliced Peaches	Mixed Fruit	Sliced Peaches
	Potato Salad	Potato Salad	Potato Salad	Fresh Melon Cup	Potato Salad
11 - 041	Side Salad	Side Salad	Side Salad	Potato Salad ·	Side Salad
Healthy HARVEST	Homemade Lite Veggie Pasta Salad	Homemade Lite Veggie Pasta Salad	Homemade Lite Veggie Pasta Salad	Side Salad Homemade Lite Veggie Pasta Salad	Homemade Lite Vego Pasta Salad



our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the

App Store or Google Play, and view your menu on your mobile device anywhere.









