Welcome to our Lunch Cafe

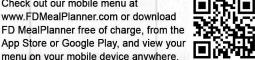
10/3/2022 - 10/7/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
World To MARKET	Fluffy Whole Grain Waffles Warm whole grain waffles Ham Sauteed Cinnamon Apple Slices	Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Crispy Potato Puffs	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta & & & & & & & & & & & & & & & & & & &	Tomato Soup Grilled Cheese Sandwich (7) Crispy Potato Puffs	Shepherd's Pie Corn Muffin Bowl a warm corn muffin bowl loaded with a mashed potatoes, seasoned ground beef and cheese  Steamed Carrots	
CUCINA	White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection	Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil ( ) Cheese Pizza, Pepperoni P	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball  P	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	
	Bacon Cheeseburger	Turkey Burger	Crispy Chicken	Classic Beef Burger	Philly Cheese Steak	
Miss RUBY'S	burger topped with cheese and bacon on a freshly toasted bun Sweet Potato Fries	grilled turkey burger on a whole wheat bun Sweet Potato Fries	Sandwich warm crispy breaded chicken on a bun prepared in-house Oven Baked Fries	beef burger on a freshly toasted bun Sweet Potato Fries	thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared inhouse	
August Strain	Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken					
Coyote GRILL	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese	Soft Tacos freshly prepared fiesta- style meat with melted cheese wrapped in a warm soft taco shell	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese	Classic Tex Mex Burrito mexi-style meat, rice and shredded cheese folded inside a soft tortilla	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese	
At a second		s, Cripsy and Soft Tacos, M		<u> </u>		
Great SAMERICAN SAMWICH CO.	Tuna & Cheese Wrap tuna salad with cheese, lettuce and tomato on a wrap	Ham & Cheese Panini thinly sliced ham and melted cheese on panini bread served hot and toasty	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap	Turkey & Cheese Panini turkey, cheese, lettuce and tomato panini grilled to perfection	
A Abanda	Available Daily: As	ssorted Boars Head co	old cuts, cheeses and	whole grain rich bread	, rolls and wraps	
Frait Alea EXPRESS	Veggabol Rainbow Hummus Rice Bowl freshly made hummus with fluffy rice topped with fresh spinach, cabbage, carrots, squash and soft pita wedges Available Daily: Garden	Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola  Simply Boxed Meat and Cheese Protein Pack Salad, Chef Salad, Caesa	Mango Madness Smoothie a fresh blend of yogurt, milk and mango  Simply Boxed Meat and Cheese Protein Pack Salad. Includes whole who	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls Simply Boxed Meat and Cheese Protein Pack	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Simply Boxed Meat and Cheese Protein Pack choice of fruit and milk	
	Fresh Apple	Fresh Apple	Fresh Apple	Applesauce	Fresh Apple	
Healthy HARVEST	Applesauce Diced Peach Cup Greek Side Salad	Fresh Orange Garden Salad Black Bean and Pepper Salad	Diced Peach Cup Garden Salad Greek Side Salad	Fresh Orange Caesar Salad	Diced Peach Cup Caesar Salad Greek Side Salad	
Whiteons is Sim	i iply Rooted® in food and fam	ily and Consuming raw	or under cooked meat, poultry, s	seafood shellfish or eags may in	acrosco your rick of food borne	



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.



illness, especially if you have certain medical, conditions. \* Menu is subject to change, notice posted when available. \* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. \* This institution is an equal opportunity WHITSON











Welcome to our Lunch Cafe

10/10/2022 - 10/14/2022

Monday **Tuesday** Wednesday **Thursday** Friday Whole Grain Pancakes Chicken and Waffles Homemade Mac & Homemade Chicken & crispy chicken placed on Cheese with Sausage Broccoli Alfredo top of fluffy waffles pasta in cheese sauce. light and fluffy pancakes arilled chicken and Steamed Carrots garnished with parsley served with a sausage broccoli florets tossed in a creamy sauce over pattv **P** tender pasta 🤔 🚷 Sauteed Broccolini Green Beans BRUNCH FOR LUNCH TODAY! Hand Crafted Hand Crafted Buffalo French Bread Pizza BBQ Chicken Pizza Pepperoni Pizza Chicken Pizza toasted French bread freshly prepared pizza fresh dough layered with fresh dough layered with topped with pizza sauce dough topped with BBQ sauce, topped with sauce, topped with sauce, mozzarella, and melted cheese 🧖 cheese and pepperoni cheese and Buffalo cheddar, chicken strips, and baked until crisp 📭 chicken pieces and and red onion 🤗 baked until crisp 🤗 Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Sausage Onions & Beef Hot Dog on Bun Chicken Parmesan Meatball Hero Peppers Sandwich juicy beef hot dog on a Sandwich freshly baked meatballs Italian sausage sandwich soft bun warm chicken patty mixed in a rich tomato topped with sauteed Crispy Potato Puffs smothered in tomato sauce inside a soft roll onions and peppers p sauce, topped with topped with melted mozzarella 🤔 🚷 melted cheese assembled in-house on a Sweet Potato Fries Sweet Potato Fries Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Incredibowls Fiesta **BBQ Chicken Nachos** Bean & Veggie Loaded Nachos Grande Chicken & Rice Bowl crispy nacho tortilla chips Burrito tortilla chips topped with a whole wheat burrito seasoned rice topped with chicken, carrots, freshly prepared mexi stuffed with fiesta rice, with beans, chicken, corn tomatoes and cabbage style meat and cheese and cheese 🤔 🚷 veggies, beans and cheddar cheese, served with salsa and sour Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Chicken Caesar Wrap Italian Combo Buffalo Chicken Wrap American Beauty Sandwich freshly made sandwich freshly made tortilla wrap warm chicken marinated filled with sliced chicken, freshly sliced ham, with thinly sliced turkey in Buffalo sauce wrapped crisp lettuce, and cheese salami, and cheese on a in a tortilla with lettuce and cheese, crispy and tomato 🤔 roll topped with crisp lettuce and tomato 🤗 topped with low-fat lettuce and tomato Caesar dressing 🤗 Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps Salad Plate With Classic Chef Salad Strawberry Orange Spinach Salad fresh lettuce topped with Smoothie spinach topped with Crispy Chicken a blend of vanilla vogurt fresh garden salad sliced deli meats and crumbled bacon. with fresh strawberries mushrooms, and red topped with baked crispy cheeses P and orange juice 🍘 🤒 onion <page-header> 🤔 chicken and served with Simply Boxed Egg dinner roll(s) 🤗 Protein Pack Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk Fresh Apple Fresh Apple Fresh Orange Diced Peach Cup Diced Peach Cup Fresh Orange Diced Peach Cup Caesar Salad Fresh Orange Fresh Orange Garden Salad Entree Garden Salad Greek Side Salad Caesar Salad Tuna Nicoise Salad Plate 🤒 Homemade Lite Veggie Confetti Black Bean Garden Salad with Pasta Salad Salad Chicken Salad P Whitsons is Simply Rooted® in food and family, and



our menus are nutritious and flavorful.
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Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \* Menu is subject to change, notice posted when available. \* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. \* This institution is an equal opportunity WHITSONS\* provider.











Welcome to our Lunch Cafe

10/17/2022 - 10/21/2022

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.

rkey Burger urkey burger on a ale wheat bun n Baked Fries	BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs nburgers, Cheeseburgers,	Sweet & Sour Chicken Sauce & Toss popcorn chicken in a sweet & sour sauce Brown Rice Steamed Broccoli  BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion pizza and Vegetable Pi		Homemade Pasta Meatballs freshly baked meatba with tomato sauce ov pasta So Steamed Carrots  Homemade Chicker Cheese Stromboli Chicken and melted cheese wrapped in pizza dough Cheese with cheese and bacon on freshly toasted bun Oven Baked Fries
of bread coated in gg batter, with on and vanilla.   Y Sausage Patty y Potato Puffs  Crafted Three neese Pizza bugh layered with mozzarella, and san cheeses   Wailable Daily: Crkey Burger on a sile wheat bun no Baked Fries  Lilable Daily: Ham wo Cheese	seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy mashed potatoes, melted cheese, and gravy mashed potatoes, melted cheese, and gravy mashed potatoes, greshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball melter pepperoni and meatball melter pepperoni and meatball melter pepperoni pepp	popcorn chicken in a sweet & sour sauce Brown Rice Steamed Broccoli  BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion pizza and Vegetable Pizza a Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	RELEASE NO LUNCH	freshly baked meatba with tomato sauce ov pasta (**) (**) Steamed Carrots  Homemade Chicker Cheese Stromboli Chicken and meltec cheese wrapped in a pizza dough  Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
gg batter, with on and vanilla.  Sausage Patty y Potato Puffs  Crafted Three neese Pizza pugh layered with mozzarella, and san cheeses wailable Daily: Crkey Burger on a pile wheat bun in Baked Fries  illable Daily: Ham wo Cheese	and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball Pi Meat Pork Sandwich Shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs nburgers, Cheeseburgers,	sweet & sour sauce Brown Rice Steamed Broccoli  BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion  izza and Vegetable Pizza a  Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	NO LUNCH	with tomato sauce ov pasta (2) (3) Steamed Carrots  Homemade Chicker Cheese Stromboli Chicken and meltec cheese wrapped in pizza dough (2) (5) Chicken and method by the pizza dough (3) (5) (6) Bacon Cheese burge burger topped with cheese and bacon on freshly toasted bun (4)
r Sausage Patty y Potato Puffs  Crafted Three neese Pizza ough layered with rec, topped with mozzarella, and san cheeses wailable Daily: C rkey Burger urkey burger on a ole wheat bun n Baked Fries  iilable Daily: Ham wo Cheese	mashed potatoes, melted cheese, and gravy Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P Messe Pizza, Pepperoni P BBQ Pulled Pork Sandwich Shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs puburgers, Cheeseburgers,	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion pizza and Vegetable Pizza Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	NO LUNCH	Homemade Chicker Cheese Stromboli Chicken and melter cheese wrapped in a pizza dough  Chicken and melter cheese wrapped in a pizza dough  Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
y Potato Puffs'  Crafted Three neese Pizza pugh layered with re, topped with mozzarella, and san cheeses  vailable Daily: C  rkey Burger urkey burger on a nle wheat bun n Baked Fries  iilable Daily: Ham wo Cheese	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P P Cheese Pizza, Pepperoni P BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs pulled Ports Crispy Potato Puffs pulled Ports Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs pulled Potato Putro Putr	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion pizza and Vegetable Pizza Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	LUNCH	Homemade Chicker Cheese Stromboli Chicken and melted cheese wrapped in a pizza dough  ch pizza dough  Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
y Potato Puffs'  Crafted Three neese Pizza pugh layered with re, topped with mozzarella, and san cheeses  vailable Daily: C  rkey Burger urkey burger on a nle wheat bun n Baked Fries  iilable Daily: Ham wo Cheese	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P P Cheese Pizza, Pepperoni P BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun P Crispy Potato Puffs hburgers, Cheeseburgers,	freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion  izza and Vegetable Pizza a  Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	LUNCH	Cheese Stromboli Chicken and meltec cheese wrapped in a pizza dough  Ch pizza dough  Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
Crafted Three neese Pizza pugh layered with ree, topped with mozzarella, and san cheeses water was a cheese was a cheese was a cheese wheat bun a ble wheat bun a Baked Fries wo Cheese	freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball  Cheese Pizza, Pepperoni P  BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs  hburgers, Cheeseburgers,	freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion  izza and Vegetable Pizza a  Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	II <mark>featuring whole grain ri</mark>	Cheese Stromboli Chicken and meltec cheese wrapped in a pizza dough  Ch pizza dough  Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
neese Pizza bugh layered with re, topped with mozzarella, and san cheeses wailable Daily: C rkey Burger urkey burger on a ble wheat bun n Baked Fries	freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball  Cheese Pizza, Pepperoni P  BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs  hburgers, Cheeseburgers,	freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion  izza and Vegetable Pizza a  Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato		Cheese Stromboli Chicken and meltec cheese wrapped in a pizza dough  Ch pizza dough  Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
ough layered with the topped with mozzarella, and san cheeses was available Daily: Corkey Burger on a sile wheat bun in Baked Fries	topped with mozzarella cheese, sausage, pepperoni and meatball Popperoni Pop	dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion can be suffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken and sliced tomato can be suffalo Chicken breast, crisp lettuce and sliced tomato		Chicken and melted cheese wrapped in a pizza dough cheese wrapped with cheese and bacon of freshly toasted bun
re, topped with mozzarella, and san cheeses  varilable Daily: C rkey Burger urkey burger on a ble wheat bun n Baked Fries  iilable Daily: Ham wo Cheese	cheese, sausage, pepperoni and meatball  Cheese Pizza, Pepperoni P  BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs  hburgers, Cheeseburgers,	sauce, mozzarella, cheddar, chicken strips, and red onion can buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato		cheese wrapped in a pizza dough pizza dough  ch pizza dough  Bacon Cheeseburg burger topped with cheese and bacon or freshly toasted bun
mozzarella, and san cheeses wailable Daily: Crkey Burger on a sile wheat bun n Baked Fries	pepperoni and meatball  P P BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs  nburgers, Cheeseburgers,	cheddar, chicken strips, and red onion particles and Vegetable Pizza and Vegetable Pizza and Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato		pizza dough pizza dough  Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
rkey Burger on a sile wheat burn n Baked Fries	BBQ Pulled Pork Sandwich Shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs  nburgers, Cheeseburgers,	and red onion prize and Vegetable Pizza and Vegetable Pizza and Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato		Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
rkey Burger urkey burger on a ble wheat bun n Baked Fries illable Daily: Ham wo Cheese	BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs nburgers, Cheeseburgers,	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato		Bacon Cheeseburg burger topped with cheese and bacon on freshly toasted bun
rkey Burger urkey burger on a ble wheat bun n Baked Fries illable Daily: Ham wo Cheese	BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs nburgers, Cheeseburgers,	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato		Bacon Cheeseburg burger topped with cheese and bacon or freshly toasted bun
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ole wheat bun In Baked Fries Illable Daily: Ham Illable Daily: Ham Illable Daily: Ham	shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Crispy Potato Puffs  hburgers, Cheeseburgers,	warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	Olida Balia	cheese and bacon or freshly toasted bun
n Baked Fries ilable Daily: Ham wo Cheese	in a smoky BBQ sauce and arranged on a soft bun P Crispy Potato Puffs nburgers, Cheeseburgers,	in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	Olida Barra	freshly toasted bun
i <mark>ilable Daily: Ha</mark> m wo Cheese	and arranged on a soft bun p Crispy Potato Puffs hburgers, Cheeseburgers,	marinated chicken breast, crisp lettuce and sliced tomato 🤔	Ohida Bari	
wo Cheese	bun P Crispy Potato Puffs hburgers, Cheeseburgers,	crisp lettuce and sliced tomato	Okishan Battian	Oven Baked Fries
wo Cheese	Crispy Potato Puffs  hburgers, Cheeseburgers,	tomato 🤔	harman Oktober Bettier	
wo Cheese	nburgers, Cheeseburgers,	, Turkey Burgers, Veggie E		l
	In anadih avda Fisata		surgers, Unicken Patties a	and Spicy Chicken
Jupeadilla	Incredibowls Fiesta	Soft Tacos		BBQ Pulled Pork
	Chicken & Rice Bowl	freshly prepared fiesta-		Nachos
cheese quesadilla	seasoned rice topped	style meat with melted		crisp nachos smothe
**	with beans, chicken, corn and cheese 🔗 🚷	cheese wrapped in a warm soft taco shell		in BBQ seasoned po topped with diced
EALLESS	and unecoo	waim son taco shell		tomatoes, shredde
				carrots & cabbage 🕞
le Daily: Nachos,	, Cripsy and Soft Tacos, M	Mexi-Rice with your choice	of Mexi Beef, Mexi Chick	ken, Mexi Veg, Refried
Salad Wrap*	Egg Salad Wrap	Turkey BLT Wrap	<u> </u>	Spicy Buffalo Chick
hunky tuna salad	freshly made egg salad	sliced turkey, bacon,		Wrap
ield greens and oes served in a	with lettuce and tomato in a soft tortilla wrap 😱 🤔	lettuce, and tomato on a wrap 🔁 🤔		freshly roasted chickp coated in hot sauce v
	a son tortina wrap	wrap 😈 🧭		freshly seasoned lette
, 😈				tomatoes and onions
				soft wrap 🅜 🤔
lable Daily: As	ssorted Boars Head co	old cuts, cheeses and v	vhole grain rich bread	, rolls and wraps
	Strawberry Orange	Fruity Parfait		Classic Chef Sala
		, , , , , ,		fresh lettuce topped v sliced deli meats ar
	with fresh strawberries	-		siiced deil meats ar cheeses 📭 🤗
•	and orange juice 🚱 🤔			5,100000
pers and cilantro				
le Daily: Garden	Salad, Chef Salad, Caesai	r Salad. Includes whole wh	eat dinner roll and your o	choice of fruit and mill
	Fresh Apple	Fresh Apple		Applesauce
	Fresh Orange			Diced Peach Cu <sub>l</sub> Caesar Salad
	Side Salad	Greek Side Salad		Black Bean and
Salad				Pepper Salad
	abol Taco Bean ortilla Bowl ned beans set on crisp lettuce in a grain tortilla bowl d with tomatoes, pers and cilantro le Daily: Garden resh Apple esh Orange pesar Salad etti Black Bean	Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice  pers and cilantro  ILE Daily: Garden Salad, Chef Salad, Caesa  Pesh Apple esh Orange pesar Salad etti Black Bean  Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice  Pesh Apple Fresh Apple Fresh Orange Caesar Salad Side Salad	Strawberry Orange Smoothie  a blend of vanilla yogurt with fresh strawberries and orange juice wers and cilantro  Tesh Apple esh Orange aesar Salad etti Black Bean Salad  Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice  Fresh Apple Fresh Apple Fresh Orange Caesar Salad Side Salad  Greek Side Salad	Assorted Boars Head cold cuts, cheeses and whole grain rich bread cuts.  Strawberry Orange Smoothie a blend of vanilla yogurt topped with strawberries, blueberries, and crunchy granola cuts and orange juice cold cuts.  Strawberry Orange Smoothie a blend of vanilla yogurt topped with strawberries, blueberries, and crunchy granola cuts and orange juice cold cuts.  Strawberry Orange and crunchy granola cuts and cuts and crunchy granola cuts and cut

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Pork

Made With
Natural Ingredients

**Vegetarian** 

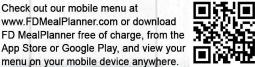
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10/24/2022 - 10/28/2022

10/24/2022 - 10	0/28/2022				
	Monday	Tuesday	Wednesday	Thursday	Friday
World ***  MARKET	Fluffy Whole Grain Waffles warm whole grain waffles Crispy Potato Puffs Sauteed Cinnamon Apple Slices BRUNCH FOR LUNCH TODAY	Incredibowls Chicken & Asian Vegetable Rice fluffy rice topped with vegetable stir fry and baked chicken	Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Mixed Vegetables	Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Crispy Potato Puffs	Chicken Parmesan Over Pasta oven baked chicken topped with sauce and melted cheese, all over pasta Roasted Mixed Veggies
da CUCINA	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses Available Daily: C	White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball	Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese	Homemade Ham and Cheese Stromboli Ham and melted cheese wrapped in a pizza dough
Miss RUBY'S	Beef Hot Dog on Bun juicy beef hot dog on a soft bun Sweet Potato Fries	BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun Oven Baked Fries  hburgers, Cheeseburgers,	Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers P Crispy Potato Puffs Turkey Burgers, Veggie I	Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house Sweet Potato Fries  Burgers, Chicken Patties a	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun  Oven Baked Fries
Coyote GRILL	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese	Bean & Veggie Loaded Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour	Incredibowls Fiesta Chicken & Rice Bowl seasoned rice topped with beans, chicken, corn and cheese	Veggabol BBQ Chickpea Rice Bowl steamed riced topped with BBQ flavored chickpeas, fresh lettuce, tomato, carrots, corn and beans with a BBQ drizzle	BBQ Pulled Pork Nachos crisp nachos smothered in BBQ seasoned pork topped with diced tomatoes, shredded carrots & cabbage
Ata and Ata	Available Daily: Nachos	, Cripsy and Soft Tacos, I	Mexi-Rice with your choice	e of Mexi Beef, Mexi Chick	ken, Mexi Veg, Refried
Great SAMERICAN SAMERICAN SAMERICAN	Italian Combo Sandwich freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato	Tuna Salad Sandwich freshly made sandwich topped with creamy tuna salad	Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap	American Beauty freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing
AL AL AL AL	Available Daily: As	ssorted Boars Head co	old cuts, cheeses and	whole grain rich bread	, rolls and wraps
Frait Sta	Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🊱 🤔	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Simply Boxed Meat and Cheese Protein Pack freshly made meal with diced meat and cheese, fruit medley and crisp bread	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola
At a second	Available Daily: Garden	Salad, Chef Salad, Caesa	r Salad. Includes whole wh	neat dinner roll and your o	choice of fruit and milk
Healthy	Fresh Apple Greek Side Salad Confetti Black Bean Salad	Fresh Apple Fresh Orange Greek Side Salad Black Bean and Pepper Salad	Diced Peach Cup Fresh Orange Caesar Salad Greek Side Salad	Fresh Apple Fresh Orange Garden Salad Confetti Black Bean Salad	Fresh Apple Fresh Orange Garden Salad Greek Side Salad
	anly Bootod® in food and form				



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School Nutrition

Made With











Welcome to our Lunch Cafe

10/31/2022 - 10/31/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
World 🟋 🧖 MARKET	Homemade French Toast Apple Bake diced bread blended with maple syrup, eggs, milk, cinnamon and nutmeg baked off to perfection					
20 CUCINA	Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp					
San Alexander		ieese Pizza, Pepperoni	Pizza and Vegetable Pizza	all featuring whole grain ri	ch pizza dough	
Miss RUBY'S	Turkey Burger grilled turkey burger on a whole wheat bun Sweet Potato Fries					
ORILL	Available Daily: Haml	ourgers, Cheeseburgers	s, Turkey Burgers, Veggie	Burgers, Chicken Patties a	and Spicy Chicken	
Coyote GRILL	Bean & Veggie Loaded Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour					
d Ab Ab		Cripsy and Soft Tacos,	Mexi-Rice with your choice	ce of Mexi Beef, Mexi Chick	ten, Mexi Veg, Refried	
Great SAMERICAN	Gluten Free American Beauty thinly sliced turkey and cheese, lettuce and tomato on a roll					
A second second	Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps					
Frait Stands	Simply Boxed Meat and Cheese Protein Pack freshly made meal with diced meat and cheese, fruit medley and crisp bread					
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
Healthy HARVEST	Fresh Apple Diced Peach Cup Caesar Salad Garden 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

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.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \* Menu is subject to change, notice posted when available. \* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. \* This institution is an equal opportunity WHITSONS school Nutrition









