Welcome to our Lunch Cafe

11/2/2020 - 11/6/2020

| K. A. B. | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|--|
| | Homemade Shepherd's Pie | | | Homemade Chicken & Broccoli Alfredo | Chicken Nugget & Mozzarella Stick |
| | seasoned ground meat | Election Day | | grilled chicken and | Combo |
| 411 01 - | and crisp vegetables | | | broccoli florets tossed in | Crispy chicken nuggets |
| World Sta S MARKET | covered in creamy | No School | | a creamy sauce over | and gooey mozzarella |
| & MARKET | mashed potatoes, melted | | | tender pasta 🤭 🚷 | sticks served with dipping |
| | cheese, and gravy 🤭 | | | Homemade Garlic | sauce 🤔 |
| N N N N N N N N N N N N N N N N N N N | Dinner Rolls | | | Bread | Homemade Garlic |
| | Homemade Meatball | | | Margherita Pizza | Bread Hand Crafted Three |
| | Calzone | | | freshly prepared dough | Cheese Pizza |
| | fresh dough lightly | | | lightly brushed with garlic | fresh dough layered with |
| 10 | brushed with garlic and | | | and oil, topped with | sauce, topped with |
| AILCINA | oil sauce made from | | | tomato sauce, mozzarella | ricotta, mozzarella, and |
| | scratch, rolled with low | | | cheese, fresh tomatoes | Parmesan cheeses 🤭 |
| | fat seasoned ricotta and | | | and basil 🅜 🤔 | |
| | Available Daily: Cheese | e Pizza, Pepperoni Pizz | a and a Special Calzon or I | Pizza all featuring whole gra | in rich pizza dough |
| | Nachos Grande | | | Nachos Grande | Mexican Salad |
| | tortilla chips topped with | | | tortilla chips topped with | salad with beans, corn, |
| | freshly prepared mexi style meat and cheese | | | freshly prepared mexi style meat and cheese | sour cream, and salsa |
| Coyote | sauce | | | style meat and cheese sauce | |
| GRILL | Sauce | | | Sauce | Brown Rice Sweet Corn |
| | | | | | |
| | | os, Cripsy & Soft Tacos | s, Taco Bowls with Mexi B | Beef, Chicken, Cheese and | |
| | Meatball Hero | | | Grilled Chicken | Smokehouse Pulled |
| | freshly baked meatballs | | | Teriyaki Sandwich | Pork Sandwich |
| 400. | mixed in a rich tomato sauce inside a soft roll | | | grilled chicken breast marinated in teriyaki | smokehouse pulled pork on a roll with cole slaw |
| Miss | topped with melted | | | sauce, topped with | |
| RUBY'S | mozzarella 🤔 🚷 | | | lettuce & tomato prepared | Sweet Potato Fries |
| GRILL | Sweet Potato Fries | | | in-house 🤔 | Sweet Foldto Ffles |
| | Available Daily: Ha | mburgers, Cheeseburg | ers, Veggie Burgers, Chic | ken Patties and Spicy Chick | en Sandwiches |
| | Deli Bar | | | Deli Bar | Deli Bar |
| | an assortment of cold | | | an assortment of cold | an assortment of cold |
| | cuts, cheeses, | | | cuts, cheeses, | cuts, cheeses, |
| Great 🛹 | condiments and breads, | | | condiments and breads, | condiments and breads, |
| AMERICAN | rolls, or wraps to create vour own sandwich | | | rolls, or wraps to create vour own sandwich | rolls, or wraps to create your own sandwich |
| SANDWICH CO. | Turkey Club Wrap 🤭 | | | Roast Beef Wrap 🥱 | Vegetarian Hummus |
| | | ted Deers Head cold or | uts, popcorn chicken, tuna. | | · · · · · · · · · · · · · · · · · · · |
| | Available Daily: Assor | teo boars nead cold cl | | . cheeses and whole grain ri | ch bread, rolls and |
| | | ted Boars Head cold cl | | cheeses and whole grain ri | |
| | Simply Boxed Belgian | | | Chicken Caesar Salad | Buffalo Chicken Salad |
| | Simply Boxed Belgian Waffle Bites | | | Chicken Caesar Salad fresh romaine topped with | Buffalo Chicken Salad with Dinner Rolls |
| Start mar | Simply Boxed Belgian | | | Chicken Caesar Salad | Buffalo Chicken Salad with Dinner Rolls |
| Frait Ste | Simply Boxed Belgian Waffle Bites freshly prepared grab and | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons | Buffalo Chicken Salac with Dinner Rolls spicy chicken on a bed o romaine lettuce with |
| Frait Star EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed o |
| Frait Arm EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🔗 | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed o romaine lettuce with cucumbers, carrots and tomatoes 🔌 |
| Frait 5000 EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed o romaine lettuce with cucumbers, carrots and tomatoes 🔗 |
| Frait Adda EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls of arfait and Smoothies Includes Fresh Apple | Buffalo Chicken Salac with Dinner Rolls spicy chicken on a bed o romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange |
| Frait Adda EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls of arfait and Smoothies Includes Fresh Apple Sliced Peaches | Buffalo Chicken Salac with Dinner Rolls spicy chicken on a bed o romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange Sliced Peaches |
| Frait And | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed o romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad |
| EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad Side Salad | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed o romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad |
| Frait So EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed or romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad |
| EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie | | | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed o romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie |
| EXPRESS | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | lad, Chef Salad, Caesar Sa | alad, Organic Fruit & Yogurt Pa | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed or romaine lettuce with cucumbers, carrots and tomatoes in the second whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad |
| EXPRESS Healthy HARVEST | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | lad, Chef Salad, Caesar Sa nes, Fruit & Fresh Fruit A | alad, Organic Fruit & Yogurt Pa Available Daily. Choice of M Meal price includes: protein | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls arfait and Smoothies Includes v Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed or romaine lettuce with cucumbers, carrots and tomatoes important whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad |
| EXPRESS Healthy HARVEST | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Variety of Veggies, Legum | lad, Chef Salad, Caesar Sa nes, Fruit & Fresh Fruit A TED At leas | alad, Organic Fruit & Yogurt Pa Available Daily. Choice of M Meal price includes: protein t two types of milk available dai | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed or romaine lettuce with cucumbers, carrots and tomatoes in the second whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad |
| EXPRESS Healthy HARVEST | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Variety of Veggies, Legum | lad, Chef Salad, Caesar Sa nes, Fruit & Fresh Fruit A Family At leas | alad, Organic Fruit & Yogurt Pa Available Daily. Choice of M Meal price includes: protein t two types of milk available dai Available daily with salad lund | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls response arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed or romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad |
| EXPRESS Healthy HARVEST HITSONS' SINP KANNA NUMBER Ve are Simply Rooted TM in food and. | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Variety of Veggies, Legum | lad, Chef Salad, Caesar Sa nes, Fruit & Fresh Fruit A Semily s and flavorful, | alad, Organic Fruit & Yogurt Pa Available Daily. Choice of M Meal price includes: protein t two types of milk available dai Available daily with salad lunc Consuming raw or under cooked meat, poul | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls P arfait and Smoothies Includes of Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad Milk is included with all meals n choice, fresh veggie choice, fres ily: 1% low fat unflavored, fat free ch: protein choice, whole grain itte | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed or romaine lettuce with cucumbers, carrots and tomatoes in the second whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad |
| EXPRESS HITSONS' SING Verare Simply Rooted" in food and rade from wholesome ingredients. Verare natural, organic and non GMO | Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and Available Daily: Garden Sa Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Variety of Veggies, Legum LY ROOC family. Our menus are healthy, nutritiou | Iad, Chef Salad, Caesar Sa nes, Fruit & Fresh Fruit A Fresh Fruit & At leas and flavorful, nstead, offering en free foods | alad, Organic Fruit & Yogurt Pa Available Daily. Choice of M Meal price includes: protei t two types of milk available dai Available daily with salad lunc Consuming raw or under cooked meat, poul n medical conditions. Menu is subject to ch | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls response arfait and Smoothies Includes Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes whole wheat dinner roll Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad |

Welcome to our Lunch Cafe

11/9/2020 - 11/13/2020

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|---|---|--|--|---|
| World 🐩 🗮 8 MARKET | Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🔗 😒 Homemade Garlic Bread | Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Homemade Garlic Bread | Veteran's Day No School | Whole Grain French Toast slices of French toast baked to perfection Sausage Patty Crispy Potato Puffs | Baked Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Fluffy Mashed Potatoes Homemade Garlic Bread |
| ⁴ cucina cucina | Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil @ Available Daily: Chees | Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses Pizza, Pepperoni Pizza a | and a Special Calzon or P | Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🤭 | Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & ain rich pizza dough |
| Coyote GRN MAN | Nachos Grande tortilla chips topped with for a state of the state of the state in the state of t | Mexican Salad salad with beans, corn, sour cream, and salsa igrown Rice Sweet Corn | | Mexican Salad salad with beans, corn, sour cream, and salsa Brown Rice Sweet Corn ef, Chicken, Cheese and | Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce |
| Miss RUBY'S GRILL | 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 | | Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house cen Patties and Spicy Chick | Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries |
| Great Standard | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Roast Beef Wrap Available Daily: Asso | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Vegetarian Hummus rted 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 Buffalo Chicken Wrap cheeses and whole grain ri | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap ich bread, rolls and |
| Frait Stran | Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🔗 | Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🔗 | | Chef Salad fresh lettuce topped with sliced deli meats and cheeses P 2 | Tuna Salad Plate garden salad topped with freshly made tuna salad |
| Healthy HARVEST | Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | | rfait and Smoothies Includes Fresh Melon Cup <i>cubed fresh melon</i> Garden Salad Diced Pear Cup Potato Salad Homemade Lite Veggie Pasta Salad | Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad |
| made from wholesome ingredients. W | PLY ROO in food a family. Our menus are healthy, nutritio te are phasing out processed foods and | spinachaSa SpinachaSa Bacon, Feta Bacon, Feta Onionsertain m | Meal price includes: protein ladywithmilk available dail yaihhd daily with salad lunc suming raw or under cooked meat, poulti edical conditions. Menu is subject to char | Ik is included with all meals choice, fresh veggie choice, fres 1: 1% low fat unflavored, fat free 1: protein choice, whole grain ite 13: seafood, shellfish or eggs may increase yo 19: notice posted when available. If you hav | h fruit choice & bread choice. e flavored, fat free unflavored. em, fruit choice & milk choice ur risk of food borne illness, especially if re any questions or would like additional |
| | options. We also offer gluten and aller available. Check us out at www.Whitso | gen free foods | information regarding this menu, plea | se contact the food service director. This ins P Pork Smart Choice | itution is an equal opportunity provider. Made With Organic Ingredients |

Welcome to our Lunch Cafe

11/16/2020 - 11/20/2020

| | Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|--|--|---|---|---|---|--|--|--|
| World St. 6 MARKET | Whole Grain French Toast slices of French toast baked to perfection Sausage Patty Crispy Potato Puffs | 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 | Chicken Fajita seasoned chicken Sauteed Onions & Peppers | | | |
| | Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses (?) | Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & | and a Special Calzon or I | 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 & | | | |
| | Mexican Salad | Nachos Grande | | Crispy Tacos | Nachos Grande | | | |
| Coyote GRILL | salad with beans, corn, sour cream, and salsa & & Brown Rice Sweet Corn | tortilla chips topped with freshly prepared mexi style meat and cheese sauce | | homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn | tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Sweet Corn | | | |
| | Available Daily: Nach | nos, Cripsy & Soft Tacos, | Taco Bowls with Mexi B | eef, Chicken, Cheese and | Shredded Lettuce, | | | |
| Miss RUBY'S | Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 🔗 | Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries | | Turkey Hot Dog on Bun turkey hot dog on soft bun 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: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches | | | | | | | |
| Great Samerican American Samodici co | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap | noncorn chickon tuna | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Teriyaki Chicken cheeses and whole grain ri | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap ờ | | | |
| | Chef Salad | Tuna Salad Plate | | Cobb Salad | Garden Salad with | | | |
| Frait Star | fresh lettuce topped with sliced deli meats and cheeses P 🔌 | garden salad topped with freshly made tuna salad | | fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🤌 | Chicken Salad with Chicken Salad on a bed of lettuce, cucumbers, carrots and tomatoes 🔗 | | | |
| · · · · · · · · · · · · · · · · · · · | Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner rol | | | | | | | |
| Healthy | Fresh Melon Cup cubed fresh melon Garden Salad Diced Pear Cup Potato Salad | 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 | | | |
| | Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals. | | | | | | | |
| | amily. Our menus are healthy, nutrition | C <i>JAMUY</i> A us and flavorful, … _{Cons} | vo types of milk available dai vailable daily with salad lunc suming raw or under cooked meat, poul | n choice, fresh veggie choice, fres ly: 1% low fat unflavored, fat free h: protein choice, whole grain itc try, seafood, shellfish or eggs may increase yo | e flavored, fat free unflavored. em, fruit choice & milk choice ur risk of food borne illness, especially if | | | |
| more natural, organic and non GMO | e are phasing out processed foods and options. We also offer gluten and allerg available. Check us out at www.Whitso | instead, offering you have certain m en free foods | edical conditions. Menu is subject to che | ange, notice posted when available. If you hav ase contact the food service director. This ins Pork & Smart Choice | e any questions or would like additional | | | |

11/23/2020 - 11/27/2020

| | TIERS | | | | |
|--|--|---|--|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta (2) (2) Homemade Garlic Bread Green Beans | | Chicken Fajita seasoned chicken Sauteed Onions & Peppers Brown Rice Sweet Corn | | ring Holida | y No |
| La NEALESS | 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 & | | | in rich view dauch |
| | - | | and a Special Calzon or Pi | izza all featuring whole gra | ain rich pizza dough |
| 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 Sweet Corn | | | |
| | Available Daily: Nach | nos, Cripsy & Soft Tacos, | Taco Bowls with Mexi Be | ef, Chicken, Cheese and | Shredded Lettuce, |
| Miss RUBY'S | Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> 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: Ha | amburgers, Cheeseburger | s, Veggie Burgers, Chick | en Patties and Spicy Chic | ken Sandwiches |
| | Deli Bar an assortment of cold cuts, cheeses, | Deli Bar an assortment of cold cuts, cheeses, | | | |
| Great Stan | condiments and breads, rolls, or wraps to create your own sandwich Teriyaki Chicken Available Daily: Asso | condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap ờ rted Boars Head cold cuts | s, popcorn chicken, tuna, c | cheeses and whole grain r | ich bread, rolls and |
| Great Samerican | rolls, or wraps to create your own sandwich Teriyaki Chicken Available Daily: Asso Cobb Salad | rolls, or wraps to create your own sandwich Turkey Club Wrap rted Boars Head cold cuts Garden Salad with | s, popcorn chicken, tuna, c | cheeses and whole grain r | ich bread, rolls and |
| Great Subuch co | rolls, or wraps to create your own sandwich Teriyaki Chicken Available Daily: Asso | rolls, or wraps to create your own sandwich Turkey Club Wrap 🤭 rted Boars Head cold cuts | s, popcorn chicken, tuna, c | cheeses and whole grain r | ich bread, rolls and |
| AMERICAN SANDWICH CO | rolls, or wraps to create your own sandwich Teriyaki Chicken Available Daily: Asso Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🎅 | rolls, or wraps to create your own sandwich Turkey Club Wrap ờ rted Boars Head cold cuts Garden Salad with Chicken Salad on a bed of lettuce, cucumbers, carrots and tomatoes 🌮 | s, popcorn chicken, tuna, c d, Organic Fruit & Yogurt Par | | |
| AMERICAN SANDWICH CO | rolls, or wraps to create your own sandwich Teriyaki Chicken Available Daily: Asso Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Available Daily: Garden Sa Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | rolls, or wraps to create your own sandwich Turkey Club Wrap red Boars Head cold cuts Garden Salad with Chicken Salad on a bed of lettuce, cucumbers, carrots and tomatoes ladd, Chef Salad, Caesar Sala Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | d, Organic Fruit & Yogurt Par | fait and Smoothies Includes | whole wheat dinner roll |
| AMERICAN SARDWCH CO Frait Start EXPRESS | rolls, or wraps to create your own sandwich Teriyaki Chicken Available Daily: Asso Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Available Daily: Garden Sa Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | rolls, or wraps to create your own sandwich Turkey Club Wrap red Boars Head cold cuts Garden Salad with Chicken Salad on a bed of lettuce, cucumbers, carrots and tomatoes ladd, Chef Salad, Caesar Sala Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | | fait and Smoothies Includes | whole wheat dinner roll |
| AMERICAN BARBARCH CO FIGIL BARA EXPRESS EXPRESS FIGURESS FIGURESS MARVEST MARV | rolls, or wraps to create your own sandwich Teriyaki Chicken Available Daily: Asso Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Available Daily: Garden Sa Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | rolls, or wraps to create your own sandwich Turkey Club Wrap red Boars Head cold cuts Garden Salad with Chicken Salad ad on a bed of lettuce, cucumbers, carrots and tomatoes carrots and tomatoes mixed Fruit Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad Homemade Lite Veggie Pasta Salad | d, Organic Fruit & Yogurt Par ailable Daily. Choice of Mi Meal price includes: protein wo types of milk available daily wailable daily with salad lunch suming raw or under cooked meat, poultr edical conditions. Menu is subject to chan information regarding this menu, pleas | fait and Smoothies Includes Ik is included with all meal choice, fresh veggie choice, fres : 1% low fat unflavored, fat fre u: protein choice, whole grain it y, seafood, shellfish or eggs may increase yo | whole wheat dinner roll S. In fruit choice & bread choice. e flavored, fat free unflavored. em, fruit choice & milk choice our risk of food borne illness, especially if we any questions or would like additional |

11/30/2020 - 11/30/2020

| M | Monday | Tues | day | Wednesda | iy | Thursday | Frid | ay |
|------------------------------------|--|-----------------------------------|---------------|---|--|---|---|--|
| World Market | Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Fluffy Mashed Potatoes Green Beans Homemade Garlic Bread | | | | | | | |
| de CUCINA COCINA | Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and Available Daily: Cheese | Pizza, Pepp | eroni Pizza a | and a Special Calzo | on or Pizza a | II featuring who | le grain rich pizza c | lough |
| Coyote GRILL | Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn | | | | | | | |
| Miss RUBY'S GRIL | Available Daily: Nacho Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries Available Daily: Har | | | | | | | |
| Great CAN AMERICAN | Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Ranch Wrap Available Daily: Assort | ed Boars He | ad cold cuts | , popcorn chicken | , tuna, chees | es and whole gr | rain rich bread, rolls | and |
| Frait And | Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit @ © © Available Daily: Garden Sala | | | | | | | |
| Healthy | Fresh Orange Garden Salad Diced Pear Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad | | , ouour und | | Source of formation of | | | |
| | Variety of Veggies, Legume | es, Fruit & Fr | esh Fruit Ava | | | | | |
| HITSONS' SIMP | PLY ROOT | ED | | vo types of milk availa | ble daily: 1% l | ow fat unflavored, f | e, fresh fruit choice & k fat free flavored, fat free | e unflavored |
| made from wholesome ingredients. W | in food & family. Our menus are healthy, nutritious le are phasing out processed foods and in options. We also offer gluten and allerger | and flavorful, stead, offering | ***Cons | uming raw or under cooked r edical conditions. Menu is suk | neat, poultry, seafoo ject to change, notic | d, shellfish or eggs may inc e posted when available. If | rain item, fruit choice & crease your risk of food borne ill ^f you have any questions or wou This insitution is an equal oppo | ness, especially ij Id like additiona |
| | available. Check us out at www.Whitsons | | 🕜 Vegetarian | Made With Natural Ingredient | | - C | art 🔊 Made V | Vith Ingredients |