Welcome to our Lunch Cafe

3/1/2021 - 3/5/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World 🟋 📆	Whole Grain Waffles with Sausage light and crispy waffles served with a sausage patty Sauteed Cinnamon Apple Slices Home Fries	Baked Chicken Fluffy Mashed Potatoes Sweet Corn Garlic Cheese Biscuit	To Go Meal Pick up 8:00am until 11:00 At All 4 Elementary Schools	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🔗 🚷 Homemade Garlic Bread	Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings
de CUCINA	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 P	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses
Coyote GRILL	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Sweet Corn		Burrito mexi-style meat, rice and shredded cheese folded inside a soft tortilla Sweet Corn Brown Rice	Mexican Salad salad with beans, corn, sour cream, and salsa  Brown Rice Sweet Corn
Miss RUBY'S GRILL	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries		Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers P  Sweet Potato Fries ten Patties and Spicy Chicken	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries
Great SAMERICAN SANGWICH CO.	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 Roast Beef Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Vegetarian Hummus
Frait Star EXPRESS	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Garden Salad with Chicken Salad chicken salad on a bed of lettuce, cucumbers, carrots and tomatoes	ad Organic Fruit & Yogurt Pa	Simply Boxed Hummus Energy Pack freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables P	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes
Healthy	Fresh Orange Sliced Peaches 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 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
WHITSONS' STVP	PLY ROOT	The		l lunch for all students for schools on the N	NSLP/SBP for the 2020-2021 school year.

Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating.

All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choic

\*\*\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if ou have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This insitution is an equal opportunity provider.



made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.









Welcome to our Lunch Cafe

3/8/2021 - 3/12/2021

Monday		vveanesaay	Inursday	Friday	
				Pulled Pork	
	-			Pulled Pork 🕑	
<u> </u>	•			Fluffy Mashed	
	with assorted toppings		baked to perfection 🌠	Potatoes	
			Sausage Patty	Baked Beans	
tender pasta 🤔 🚷			Crispy Potato Puffs	6 1 61	
Homemade Garlic			. •	Cole Slaw	
Bread				Corn Bread	
Hawaiian Pizza	Hand Crafted Three		Pepperoni and Cheese	Homemade Chicken	
ham and pineapple			Calzone 🕑 🤔	Parmesan Calzone	
chunks over a cheese	0 ,			freshly prepared dough	
pizza slice <page-header></page-header>				lightly brushed with oil	
	ricotta, mozzarella, and			garlic stuffed with chick	
	Parmesan cheeses 🍘			breast topped with toma	
	8			sauce, mozzarella &	
Available Daily: Chees	se Pizza, Pepperoni Pizza a	and a Special Calzon or Pi	zza all featuring whole gra	nin rich pizza dough	
Burrito	Mexican Salad		Cheese Quesadilla	Nachos Grande	
mexi-style meat, rice and	salad with beans, corn,		freshly grilled flour tortilla	tortilla chips topped wit	
shralded cheese folded	sour cream, and salsa			freshly prepared mexi	
le a soft tortilla 🤗				style meat and cheese	
200				sauce	
			GWCCI GOITI		
Sweet Com	Sweet Com				
vailable Daily: Nach	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Ber	ef, Chicken, Cheese and	Shredded Lettuce,	
				Chicken Club	
				Sandwich	
			•	hand crafted sandwick	
_			•	with grilled chicken,	
			•	crispy bacon, lettuce a	
oriions and peppers					
	Sweet Potato Fries			juicy tomatoes	
				Sweet Potato Fries	
Available Daily: Ha	amburgers, Cheeseburgers	s, Veggie Burgers, Chicke	en Patties and Spicy Chick	ken Sandwiches	
Deli Bar	Deli Bar		Deli Bar	Deli Bar	
				an assortment of cold	
cuts, cheeses,	cuts, cheeses,		cuts, cheeses,	cuts, cheeses,	
condiments and breads,	condiments and breads,		condiments and breads,	condiments and bread	
rolls, or wraps to create	rolls, or wraps to create		rolls, or wraps to create	rolls, or wraps to creat	
your own sandwich	your own sandwich		your own sandwich	your own sandwich	
Chicken Salad Wrap	Turkey Club Wrap 🤭		Buffalo Chicken Wrap	Chicken Salad Wrap	
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
Chicken Caesar Salad	Simply Boxed Yogurt		Chef Salad	Tuna Salad Plate	
fresh romaine topped with	Power Pack		fresh lettuce topped with	garden salad topped w	
* *	freshly made meal with		sliced deli meats and	freshly made tuna sala	
-	yogurt, diced cheese,		cheeses 🕞 🤗		
· · · · · · · · · · · · · · · · · · ·					
With difficient folio					
Available Daily: Garden Sa	l alad, Chef Salad, Caesar Salad	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll	
Fresh Apple	Fresh Orange	1	Fresh Melon Cup	Fresh Orange	
	Sliced Peaches		cubed fresh melon	Sliced Peaches	
Sliced Peaches	Silved Featries		Garden Salad	Potato Salad	
	Potato Salad		Garueri Salau	rulalu Salau	
Sliced Peaches				Side Salad	
Sliced Peaches Potato Salad Side Salad	Potato Salad Side Salad		Diced Pear Cup Potato Salad	Side Salad	
Sliced Peaches Potato Salad	Potato Salad		Diced Pear Cup Potato Salad	Side Salad	
Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie	Potato Salad Side Salad Homemade Lite Veggie		Diced Pear Cup	Side Salad Homemade Lite Vegg	
Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Potato Salad Side Salad Homemade Lite Veggie Pasta Salad		Diced Pear Cup Potato Salad Homemade Lite Veggie	Side Salad Homemade Lite Vegg Pasta Salad	
	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta (2) (2) (3) (4) (4) (4) (5) (5) (6) (7) (7) (7) (7) (7) (7) (7) (7) (7) (7	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta ham and pineapple chunks over a cheese pizza slice pizza s	Homemade Chicken & Broccoil Airedo grilled chicken and broccoil florets tossed in a creamy sauce over tender pasta  Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice  Mexican Salad salad with beans, corn, sour cream, and salsa e a soft tortilla  Brown Rice Sweet Corn  Sausage Onions & Peppers Sandwich topped with sauseed onions and peppers  Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  With assorted toppings  Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings  Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings  Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with source, topped with sauce, topped with parmesan cheese, chicken, and croutons with dinner rolls  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit  Simply Boxed Yogurt power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit Simply Boxed Yogurt power Pack freshly made me	Homemade Chicken & Broccoli Affredo grilled chicken and broccoli florets tossed in a create your own authentic ramen noodle soup bowl with assorted toppings a create your grade of the perfection of the perfect	

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Spinacho Salad with person and virtual learners. Inquire with your schools district office to see if your school is participating

Bacon, Feta, and

Opionisation medical conditions. Menu is subject to change, notice posted when available, If you have any questions or would like additional information regarding this menu, please contact the food service director. This insitution is an equal opportunity provider.











Welcome to our Lunch Cafe

3/15/2021 - 3/19/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morld 3	Whole Grain French Toast slices of French toast baked to perfection	Pulled Pork Pulled Pork Pulled Pork Pluffy Mashed Potatoes		Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over	Baked Chicken Fluffy Mashed Potatoes Sweet Corn	
World To	Sausage Patty Crispy Potato Puffs	Homemade Deli Style Coleslaw Baked Beans Corn Bread		pasta 🚱 🚱 Homemade Garlic Bread Green Beans	Garlic Cheese Biscuit	
	Homemade three Cheese Calzone	Pepperoni and Cheese Calzone P		Pepper & Onion Pizza freshly made pizza dough	Homemade Chicken Parmesan Calzone	
CUCINA	calzone stuffed with three delicious melted cheeses (?) (?)			topped with marinara sauce, mozzarella and sauteed peppers and onions	freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &	
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and a Special Calzon or Pi	zza all featuring whole gr	ain rich pizza dough	
Coyote GRILL	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Sweet Corn Brown Rice	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice		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 Sweet Corn	
	Available Daily: Nac	Sweet Corn	Taco Bowls with Mexi Be		Brown Rice	
	Grilled Chicken	Chicken Club		Smokehouse Pulled	Double Bacon Burger	
	Teriyaki Sandwich grilled chicken breast	Sandwich hand crafted sandwich		Pork Sandwich smokehouse pulled pork	two juicy all beef patties topped with crisp bacon,	
Miss RUBY'S	marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 👸	with grilled chicken, crispy bacon, lettuce and juicy tomatoes		on a roll with cole slaw P Sweet Potato Fries	cheese, on a soft bun Sweet Potato Fries	
	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Deli Bar	Deli Bar		Deli Bar	Deli Bar	
	an assortment of cold cuts, cheeses, condiments and breads,	an assortment of cold cuts, cheeses, condiments and breads,		an assortment of cold cuts, cheeses, condiments and breads,	an assortment of cold cuts, cheeses, condiments and breads,	
Great SAMERICAN SANSWICH CO.	rolls, or wraps to create your own sandwich Buffalo Chicken Wrap	rolls, or wraps to create your own sandwich Chicken Salad Wrap		rolls, or wraps to create your own sandwich Teriyaki Chicken	rolls, or wraps to create your own sandwich Turkey Club Wrap	
	Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
Frait And EXPRESS	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites,	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad		Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Tuna Salad Plate garden salad topped with freshly made tuna salad	
	Sunflower protein and  Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
	Fresh Orange	Fresh Orange		Applesauce	Fresh Orange	
Healthy	Fresh Melon Cup Garden Salad Sliced Peaches Potato Salad	Sliced Peaches 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	
	Variety of Veggies, Legur	nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mil	k is included with all mea	ls.	
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WHITSONS SIMPLY ROOTED in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year
Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating
All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain

\*\*\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially ij u have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additiona information regarding this menu, please contact the food service director. This insitution is an equal opportunity provider











Welcome to our Lunch Cafe

3/22/2021 - 3/26/2021

10 MENTESS MONDY	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta (2) (2) Homemade Garlic Bread Green Beans  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses (2)  EPIZZA, Pepperoni Pizza a  Mexican Salad salad with beans, corn, sour cream, and salsa (2) (3) Brown Rice	and a Special Calzon or F	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy   Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice   Pizza all featuring whole graes.  Burrito mexi-style meat, rice and	Mexican Salad
S MEMLESS MONDY	Potatoes Sweet Corn  rlic Cheese Biscuit  Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses P	freshly baked meatballs with tomato sauce over pasta (**) (**) Homemade Garlic Bread Green Beans  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses (**)  Be Pizza, Pepperoni Pizza at Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy mashed potatoes, and pineapple chunks over a cheese pizza slice pizza all featuring whole gramusi-style meat, rice and	a hearty brown gravy Fluffy Mashed Potatoes Sweet Corn Dinner Rolls  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  in rich pizza dough  Mexican Salad
Sa MENTESS MONDAY	Sweet Corn rlic Cheese Biscuit  Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses P  Available Daily: Chees Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	with tomato sauce over pasta (**) (**) Homemade Garlic Bread Green Beans  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses (**)  Be Pizza, Pepperoni Pizza and Salad with beans, corn, sour cream, and salsa (**)	and a Special Calzon or F	and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy  Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice   Pizza all featuring whole gra  Burrito mexi-style meat, rice and	Fluffy Mashed Potatoes Sweet Corn Dinner Rolls  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses
Sa MENTESS MONDAY	Homemade three Cheese Calzone Calzone stuffed with three delicious melted cheeses (**)  Available Daily: Chees Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	pasta	and a Special Calzon or F	covered in creamy mashed potatoes, melted cheese, and gravy  Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice Pizza all featuring whole gra	Potatoes Sweet Corn Dinner Rolls  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  in rich pizza dough  Mexican Salad
Sa MENTESS MONDAY	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses (**)  Available Daily: Chees Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Homemade Garlic Bread Green Beans  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	mashed potatoes, melted cheese, and gravy  Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice  Pizza all featuring whole gra  Burrito mexi-style meat, rice and	Potatoes Sweet Corn Dinner Rolls  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses
S MEALESS MONDAY	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses (**)  Available Daily: Chees Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Homemade Garlic Bread Green Beans  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	cheese, and gravy  Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice  Pizza all featuring whole gra  Burrito mexi-style meat, rice and	Sweet Corn Dinner Rolls  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, an Parmesan cheeses
S MEALESS MONDAY	Cheese Calzone calzone stuffed with three delicious melted cheeses (**)  Available Daily: Chees  Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Bread Green Beans  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  Be Pizza, Pepperoni Pizza  Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, an Parmesan cheeses finit rich pizza dough  Mexican Salad
C MEATLESS MONDAY	Cheese Calzone calzone stuffed with three delicious melted cheeses (**)  Available Daily: Chees  Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Green Beans  Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  Be Pizza, Pepperoni Pizza Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P	Hand Crafted Three Cheese Pizza fresh dough layered wi sauce, topped with ricotta, mozzarella, and Parmesan cheeses
C MEATLESS MONDAY	Cheese Calzone calzone stuffed with three delicious melted cheeses (**)  Available Daily: Chees  Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  Be Pizza, Pepperoni Pizza  Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	ham and pineapple chunks over a cheese pizza slice P	Cheese Pizza fresh dough layered wi sauce, topped with ricotta, mozzarella, an Parmesan cheeses
C MEATLESS MONDAY	Cheese Calzone calzone stuffed with three delicious melted cheeses (**)  Available Daily: Chees  Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  E Pizza, Pepperoni Pizza  Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	ham and pineapple chunks over a cheese pizza slice P	Cheese Pizza fresh dough layered wit sauce, topped with ricotta, mozzarella, and Parmesan cheeses  in rich pizza dough  Mexican Salad
C MEALESS MONDAY	calzone stuffed with three delicious melted cheeses & S	fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses   E Pizza, Pepperoni Pizza   Mexican Salad  salad with beans, corn,  sour cream, and salsa	and a Special Calzon or F	chunks over a cheese pizza slice P	fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses  in rich pizza dough  Mexican Salad
MENTLESS MONDAY	delicious melted cheeses (**)  Available Daily: Cheese Cheese Quesadilla freshly grilled flour tortilla with melted cheese (**)  Brown Rice Sweet Corn	sauce, topped with ricotta, mozzarella, and Parmesan cheeses   ee Pizza, Pepperoni Pizza and Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	pizza slice P &  Pizza all featuring whole gra  Burrito  mexi-style meat, rice and	sauce, topped with ricotta, mozzarella, an Parmesan cheeses (a) in rich pizza dough  Mexican Salad
MONDAY C	Cheeses (?)  Available Daily: Chees  Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	ricotta, mozzarella, and Parmesan cheeses Parmesan cheeses Parmesan cheeses Parmesan cheeses Parmesan cheeses Parmesan cheeses Parmesan Parmesan Parmesan cheeses Parmesan chees	and a Special Calzon or F	Pizza all featuring whole gra Burrito mexi-style meat, rice and	ricotta, mozzarella, an Parmesan cheeses (  in rich pizza dough  Mexican Salad
WOND'S WEATERS	Available Daily: Cheese Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Parmesan cheeses   Be Pizza, Pepperoni Pizza a  Mexican Salad  salad with beans, corn,  sour cream, and salsa	and a Special Calzon or F	Pizza all featuring whole gra Burrito mexi-style meat, rice and	Parmesan cheeses (  in rich pizza dough  Mexican Salad
	Available Daily: Cheese Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	Burrito mexi-style meat, rice and	in rich pizza dough  Mexican Salad
Maria	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	Burrito mexi-style meat, rice and	in rich pizza dough  Mexican Salad
Maria	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa	and a Special Calzon or F	Burrito mexi-style meat, rice and	Mexican Salad
	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa		Burrito mexi-style meat, rice and	Mexican Salad
	freshly grilled flour tortilla with melted cheese Brown Rice Sweet Corn	salad with beans, corn, sour cream, and salsa 🔗 🗞		mexi-style meat, rice and	
	with melted cheese @ Brown Rice Sweet Corn	sour cream, and salsa		•	and and south the series
Coyote GRILL	Brown Rice Sweet Corn	<b>8</b>			salad with beans, con
Coyote GRILL	Sweet Corn			shredded cheese folded	sour cream, and salsa
GRILL	Sweet Corn			inside a soft tortilla 🚱	
GRILL				Sweet Corn	Brown Rice
	Available Daily: Mach	Sweet Corn		Brown Rice	Sweet Corn
	Available Daily: Nach	Sweet Com		DIOWITRICE	Sweet Com
	Available Dally. Nach	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Bo	eef, Chicken, Cheese and	Shredded Lettuce,
	Buffalo Chicken	Smokehouse Pulled		Sausage Onions &	Smokehouse Pulled
	Sandwich	Pork Sandwich		Peppers Sandwich	Pork Sandwich
	warm sandwich prepared	smokehouse pulled pork		Italian sausage sandwich	smokehouse pulled po
	in-house with spicy	on a roll with cole slaw		topped with sauteed	on a roll with cole slav
Miss ,	marinated chicken breast,			onions and peppers [D]	On a roll than cold olar
RUBY'S		P		criicris and peppers	
GRILL	crisp lettuce and sliced	Sweet Potato Fries		<b>&gt;</b>	Sweet Potato Fries
	tomato 🤔	b	. Vandi Dania Obial	Sweet Potato Fries	O
			rs, veggie Burgers, Chici	ken Patties and Spicy Chick	
	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,	cuts, cheeses,		cuts, cheeses,	cuts, cheeses,
9. 1	condiments and breads,	condiments and breads,		condiments and breads,	condiments and bread
Great 😂 📗	rolls, or wraps to create	rolls, or wraps to create		rolls, or wraps to create	rolls, or wraps to crea
"AMERICAN	your own sandwich	your own sandwich		your own sandwich	your own sandwich
SANDWICH CO.	Chicken Salad Wrap	Turkey Club Wrap 🤔		Roast Beef Wrap	Vegetarian Hummu
			noncom chicken tune	. •	14/
	0 11 0 1 1	0: 1.5 1)/ 1	s, popcorn chicken, tuna,	cheeses and whole grain ri	D # 1 01:1 0.1
	Cobb Salad	Simply Boxed Yogurt		Chicken Caesar Salad	Buffalo Chicken Sala
	fresh lettuce topped with	Power Pack		fresh romaine topped with	with Dinner Rolls
	bacon, baked chicken,	freshly made meal with		parmesan cheese,	spicy chicken on a bed
Their sa	shredded cheddar, and	yogurt, diced cheese,		chicken, and croutons	romaine lettuce with
Frait Som	chopped egg 🤔	granola and dried fruit 🍘		with dinner rolls 🤗	cucumbers, carrots ar
exdress I	177 133				tomatoes 🤔
		<b>6</b> 60			tomatoro (p)
	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	Sliced Peaches		Sliced Peaches	Sliced Peaches
	Potato Salad	Potato Salad		Potato Salad	Potato Salad
	Side Salad	Side Salad		Side Salad	Side Salad
51100046.					
	Homemade Lite Veggie	Homemade Lite Veggie		Homemade Lite Veggie	Homemade Lite Veg
HARVEST O	Pasta Salad	Pasta Salad		Pasta Salad	Pasta Salad
Va	ariety of Veggies. Legum	nes, Fruit & Fresh Fruit Ava	l ailable Dailv. Choice of M	ilk is included with all meals	5.
	established to the second to t	an analysis was a restrict Ave	and the bully. Choice of Wi	no commence with an intensi	











Welcome to our Lunch Cafe

3/29/2021 - 3/31/2021

	Monday	Tuesday	Wednesday	Thursday	Friday		
ANAMAZINES STALL PRODUCT	Meatloaf with Gravy	Homemade Shepherd's		I I			
	savory beef meatloaf with	Pie					
	a hearty brown gravy	seasoned ground meat and crisp vegetables					
World 🗺	Fluffy Mashed Potatoes	covered in creamy					
A MARKET	Dinner Rolls	mashed potatoes, melted					
	Diminol 1 tono	cheese, and gravy 🤔					
MEATES		Corn Bread					
	Mawaiian Pizza	Hand Crafted Three					
ALC VA	ham and pineapple	Cheese Pizza					
	chunks over a cheese pizza slice p	fresh dough layered with sauce, topped with					
CUCINA	pizza sirec 🎒 💋	ricotta, mozzarella, and					
CUSING		Parmesan cheeses 🌈					
		<b>(3)</b>					
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and a Special Calzon or P	izza all featuring whole grain	n rich pizza dough		
	Burrito	Mexican Salad					
	mexi-style meat, rice and	salad with beans, corn,					
	shredded cheese folded	sour cream, and salsa					
Coyote	inside a soft tortilla	Droug Dice					
GRILL I	Sweet Corn Brown Rice	Brown Rice Sweet Corn					
	BIOWITTICC	OWCCL OOM					
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Le							
	Sausage Onions &	Smokehouse Pulled					
	Peppers Sandwich	Pork Sandwich smokehouse pulled pork					
m.	Italian sausage sandwich topped with sauteed	on a roll with cole slaw					
Miss A	onions and peppers 🕞	P					
RUBY'S		Sweet Potato Fries					
GRILL	Sweet Potato Fries						
	Available Daily: Ha	amburgers, Cheeseburger	rs, Veggie Burgers, Chick	en Patties and Spicy Chicke	en Sandwiches		
	Deli Bar	Deli Bar					
	an assortment of cold	an assortment of cold					
	cuts, cheeses, condiments and breads,	cuts, cheeses, condiments and breads,					
Great S	rolls, or wraps to create	rolls, or wraps to create					
*AMERICAN	your own sandwich	your own sandwich					
SARDWICH CO.	Roast Beef Wrap 🤔	Vegetarian Hummus					
	Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and						
	Chicken Caesar Salad	Buffalo Chicken Salad					
	fresh romaine topped with	with Dinner Rolls					
	parmesan cheese,	spicy chicken on a bed of					
Frait And	chicken, and croutons with dinner rolls	romaine lettuce with cucumbers, carrots and					
EXPRESS I	with diffiler folis	tomatoes 🤔					
	Available Daily: Garden Sa	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Pa	rfait and Smoothies Includes wi	hole wheat dinner roll		
	Fresh Apple	Fresh Orange					
	Sliced Peaches	Sliced Peaches					
	Potato Salad Side Salad	Potato Salad Side Salad					
Healthy	Homemade Lite Veggie	Homemade Lite Veggie					
HARVEST	Pasta Salad	Pasta Salad					
	Variety of Veggies, Legun	nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mi	ilk is included with all meals.			
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WHITSONS SIMPLY ROOTED in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

The USDA has approved FREE breakjast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year
Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating
All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain

\*\*\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially ou have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like addition information regarding this menu, please contact the food service director. This insitution is an equal opportunity provide









