9/1/2020 - 9/4/2	(020 TLESS				
M	Monday	Tuesday	Wednesday	Thursday	Friday
World St. 6 MARKET					
Laucina Cucina	Available Daily: Chees	se Pizza, Pepperoni Pizza	a and a Special Calzon or F	⁹ izza all featuring whole gr	ain rich pizza dough
Coyote GRILL	Available Daily: Nac	nos, Cripsy & Soft Tacos	, Taco Bowls with Mexi Be	eef, Chicken, Cheese and	Shredded Lettuce,
	Available Daily: H	amburgers, Cheeseburg	ers, Veggie Burgers, Chick	cen Patties and Spicy Chic	ken Sandwiches
Great Sanderican AMERICAN SANDURCH CO.	Available Daily: Asso	rted Boars Head cold cu	ts, popcorn chicken, tuna,	cheeses and whole grain r	ich bread, rolls and
Frait Stars EXPRESS	Available Daily: Garden S	alad, Chef Salad, Caesar Sa	lad, Organic Fruit & Yogurt Pa	urfait and Smoothies Includes	whole wheat dinner roll
Healthy	A variety of Veggies	, Legumes, Fruit & I	Fresh Fruit Available I	Daily. Choice of Milk	is included with
WHITSONS' SIMP	IN ROO	NED At least	Meal price includes: proteir	1 choice, fresh veggie choice, fres y: 1% low fat unflavored, fat fre	sh fruit choice & bread choice.
seneol Nutrition We are Simply Rooted™ in food and	<i>in food d</i> family. Our menus are healthy, nutritio	C fAMILY us and flavorful, _C	Available daily with salad lunc msuming raw or under cooked meat, poult	h: protein choice, whole grain it ry, seafood, shellfish or eggs may increase yo	em, fruit choice & milk choice our risk of food borne illness, especially if
more natural, organic and non GMO	Ve are phasing out processed foods and options. We also offer gluten and aller available. Check us out at www.Whitso	instead, offering you have certain zen free foods	medical conditions. Menu is subject to cha	nge, notice posted when available. If you ha ase contact the food service director. This in P Pork Smart Choice	ve any questions or would like additional

Welcome to our Lunch Cafe

9/7/2020 - 9/11/	2020					
	Monday	Tue	sday	Wednesday	Thursday	Friday
World Sta MARKET					Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🌝 📎 Glazed Carrots	Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce Oriental Vegetable Blend Vegetable Egg Roll
						Fortune Cookie
2ª CUCINA	Available Daily: Che	ese Pizza, Pej	operoni Pizza	and a Special Calzon or	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌮	Pepperoni Calzone ain rich pizza dough
		1			Crispy Tacos	Mexican Salad
Coyote	TLESS NONV				homemade spicy taco meat inside a crispy taco shell topped with cheese Mexican Salad 🔗 📎 Brown Rice Sweet Corn	salad with beans, corn, sour cream, and salsa
	ilable Daily: Na	chos, Cripsy	& Soft Tacos,	Taco Bowls with Mexi E	Beef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S GRILL					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
	Available Daily:	Hamburgers,	Cheeseburge	rs, Veggie Burgers, Chio	ken Patties and Spicy Chic	ken Sandwiches
Great Standard Stand Standard Standard Stand					Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
	Available Daily: Ass	orted Boars H	lead cold cuts	s, popcorn chicken, tuna	, cheeses and whole grain r	ich bread, rolls and
Frait And EXPRESS	Available Daily: Garden	Salad, Chef Sal	ad, Caesar Sala	id, Organic Fruit & Yogurt P	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🔗 🚱	House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing P & & whole wheat dinner roll
		İ			Fresh Melon Cup	Fresh Orange
Healthy					cubed fresh melon Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad	Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad
	A variety of Veggie	es, Legume	s, Fruit & F	resh Fruit Available	Daily. Choice of Milk	is included with
WHITSONS' SIMP	LY ROO	TED & family	Spinacht S	Saladswithilk available da	in choice, fresh veggie choice, fres ily: 1% low fat unflavored, fat fre ch: protein choice, whole grain it	e flavored, fat free unflavored.
We are Simply Rooted™ in food and made from wholesome ingredients. V	family. Our menus are healthy, nutri /e are phasing out processed foods ar	tious and flavorful, nd instead, offering	Opiop***Con	isuming raw or under cooked meat, pou redical conditions. Menu is subject to ch	ltry, seafood, shellfish or eggs may increase y ange, notice posted when available. If you ha	our risk of food borne illness, especially if ve any questions or would like additional
more natural, organic and non GMO and purchase locally when seasonally			Vegetarian		ease contact the food service director. This in: P Pork Smart Choice	

Welcome to our Lunch Cafe

9/14/2020 - 9/18/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Whole Grain French Toast slices of French toast baked to perfection Sausage Patty Syrup Crispy Potato Puffs Sauteed Cinnamon Apple Slices	Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese Green Beans Homemade Garlic Bread		Cheesy Lasagna Roll- Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese. 🔗 📎 Green Beans	Chicken with Gravy roasted chicken covered with gravy Corn Bread Stuffing Fluffy Mashed Potatoes Green Beans Dinner Rolls Cranberry Sauce
La CUCINA	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses 🦻	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses ờ	and a Special Calzon or F	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 &
Coyote GRILL	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Sweet Corn Available Daily: Nacl	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese	Taco Bowls with Mexi Be	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa in the salse in the sal
Miss RUBY'S GRILL	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 🤣	o Magnia Bunnana Chial	Bacon and Egg Sandwich warm breakfast sandwich prepared in-house and topped with crisp bacon and fluffy cooked eggs Sweet Potato Fries	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries
Great Standard Stand Standard Standard Stand	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich		Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich cheeses and whole grain ri	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Frait And	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🕜 ờ	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🄗		Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and	House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing P 🔗 😒
Healthy	Mixed Fruit Caesar Salad Fresh Apple Homemade Lite Veggie Pasta Salad	Fresh Banana Fresh Melon Cup Sliced Peaches Homemade Lite Veggie Pasta Salad		Applesauce Kiwi Chickpea Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Caesar Salad
WHITSONS' SIMP	A variety of Veggies		Meal price includes: proteir	Daily. Choice of Milk	h fruit choice & bread choice.
Stand Nutrition We are Simply Rooted TM in food and made from wholesome ingredients. W more natural, organic and non GMO	family. Our menus are healthy, nutritio Ye are phasing out processed foods and options. We also offer gluten and allery available. Check us out at www.Whitso	C JAMILY A us and flavorful,	wailable daily with salad lunc suming raw or under cooked meat, poult edical conditions. Menu is subject to cha	y: 1% low fat unflavored, fat free h: protein choice, whole grain its ry, seafood, shellfish or eggs may increase yo nge, notice posted when available. If you hav see contact the food service director. This ins P Pork Schoice	em, fruit choice & milk choice ur risk of food borne illness, especially if ve any questions or would like additional

Welcome to our Lunch Cafe

9/21/2020 - 9/25/2020

AL MC	Monday	Tuesday	Wednesday	Thursday	Friday
World St. 6 Market	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🄗 📎 Homemade Garlic Bread Green Beans	Sweet & Sour Chicken Sauce & Toss popcorn chicken in a sweet & sour sauce Brown Rice Pilaf Steamed Broccoli		Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Sauteed Cinnamon Apple Slices	Chicken & Beef Fajitas with Brown Rice & Fiesta Corn
Laucina Cucina	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses &	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🤭	ud a Succial Calcon and	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &
		se Pizza, Pepperoni Pizza a	and a Special Calzon or I	Pizza all featuring whole gr	
Coyote GRIL	Mexican Salad with beans, corn, ream, and salsa	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese		Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn
Inc.	Available Daily: Nach	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi B	eef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared		Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries	Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll
	lable Daily: Ha	in-house 🤭 amburgers, Cheeseburger	s, Veggie Burgers, Chic	ken Patties and Spicy Chic	Sweet Potato Fries
Great S	eli Bar trment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich		Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
SANDWICH CO.					
	Available Daily: Asso	rted Boars Head cold cuts	, popcorn chicken, tuna,	cheeses and whole grain	rich bread, rolls and
Frait Star EXPRESS	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions (?)	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🤔		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 🔗
	Available Daily: Garden Sa	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Pa	arfait and Smoothies Includes	whole wheat dinner roll
Healthy	Mixed Fruit Caesar Salad Fresh Apple Homemade Lite Veggie Pasta Salad	Fresh Banana Fresh Melon Cup Sliced Peaches Homemade Lite Veggie Pasta Salad		Fresh Orange Sliced Peaches Caesar Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad
A month of the second second	A variety of Veggies	, Legumes, Fruit & Fr	esh Fruit Available	Daily. Choice of Milk	is included with
WHITSONS' SIMP	LY ROO		vo types of milk available dai	n choice, fresh veggie choice, fre ly: 1% low fat unflavored, fat fre :h: protein choice, whole grain it	e flavored, fat free unflavored.
made from wholesome ingredients. W	amily. Our menus are healthy, nutrition e are phasing out processed foods and	us and flavorful, ***Cons instead, offering you have certain m	uming raw or under cooked meat, poul edical conditions. Menu is subject to ch	try, seafood, shellfish or eggs may increase y ange, notice posted when available. If you ha	our risk of food borne illness, especially if we any questions or would like additional
more natural, organic and non GMO.	options. We also offer gluten and allerg	en free foods	information regarding this menu, ple	ase contact the food service director. This in Pork Smart Choice	sitution is an equal opportunity provider. Made With Organic Ingredients

Welcome to our

9/28/2020 - 9/30/2020

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	Τ		1	0-1	C_
	Lu	nc	n	ua	e
				C ALTER	19.20

	Monday Chicken with Gravy	Tuesday Chicken Nuggets	Wednesday	Thursday	Friday
	roasted chicken covered	crispy breaded chicken			
allord To	with gravy Fluffy Mashed	nuggets perfect for dipping in your favorite			
World 🗺	Potatoes Corn Bread Stuffing	<i>sauce</i> Oven Baked Fries			
	Green Beans	Green Beans			
MEATLE	Vhole Wheat Dinner Roll	Garlic Cheese Biscuit			
	Margherita Pizza	Homemade Meatball			
MONU	freshly prepared dough ghtly brushed with garlic	Calzone fresh dough lightly			
10	and oil, topped with	brushed with garlic and			
⁴ a CUCINA	tomato sauce, mozzarella cheese, fresh tomatoes	oil sauce made from scratch, rolled with low			
60	and basil 🔗 🤔	fat seasoned ricotta and			
		se Pizza, Pepperoni Pizza a	and a Special Calzon or P	izza all featuring whole g	ain rich pizza dough
	Mexican Salad salad with beans, corn,	Nachos Grande tortilla chips topped with			
	salad with beans, com, sour cream, and salsa	freshly prepared mexi			
Coyote	🤔 📎	style meat and cheese			
GRILL	Brown Rice Sweet Corn	sauce			
	Available Daily: Nac Bacon Cheeseburger	hos, Cripsy & Soft Tacos, Meatball Hero	Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,
	burger topped with	freshly baked meatballs			
120.	cheese and bacon on a freshly toasted bun	mixed in a rich tomato sauce inside a soft roll			
Miss 💭	Baked Potato Wedges	topped with melted			
		mozzarella 🤭 📎			
and the second second	Available Daily: H	Sweet Potato Fries amburgers, Cheeseburgers	s Veggie Burgers Chick	en Patties and Spicy Chic	ken Sandwiches
	Deli Bar	Deli Bar	o, togg.o _ a. go.o, oo.		l
	an assortment of cold	an assortment of cold			
2. 1	cuts, cheeses, condiments and breads,	cuts, cheeses, condiments and breads,			
Great 🐋	rolls, or wraps to create	rolls, or wraps to create			
SANDWICH CO.	your own sandwich	your own sandwich			
X	Available Daily: Asso	rted Boars Head cold cuts	, popcorn chicken, tuna, o	cheeses and whole grain	rich bread, rolls and
	Simply Boxed Hummus Energy Pack	Simply Boxed Belgian Waffle Bites			
	freshly packed meal with	freshly prepared grab and			
Frait Som	hummus, crispy pita chips, cheese and sliced	go meal featuring creamy yogurt, whole grain			
EXPRESS	vegetables 🅜 🤔	Belgian waffle bites,			
EXPRESS		sunflower protein and	d, Organic Fruit & Yogurt Pa	rfait and Smoothies Includes	whole wheat dinner roll
EXPRESS	Available Daily: Garden S Fresh Granny Smith	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple	d, Organic Fruit & Yogurt Pa	rfait and Smoothies Includes	whole wheat dinner roll
EXPRESS	Available Daily: Garden S	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple Chickpea Salad	d, Organic Fruit & Yogurt Pa	rfait and Smoothies Includes	whole wheat dinner roll
EXPRESS	Available Daily: Garden S Fresh Granny Smith Apple Caesar Salad Sliced Peaches	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple Chickpea Salad Homemade Lite Veggie Pasta Salad	d, Organic Fruit & Yogurt Par	rfait and Smoothies Includes	whole wheat dinner roll
EXPRESS Healthy	Available Daily: Garden S Fresh Granny Smith Apple Caesar Salad	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple Chickpea Salad Homemade Lite Veggie	d, Organic Fruit & Yogurt Pa	rfait and Smoothies Includes	whole wheat dinner roll
EXPRESS	Available Daily: Garden S Fresh Granny Smith Apple Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple Chickpea Salad Homemade Lite Veggie Pasta Salad Sliced Peaches			
EXPRESS Healthy Marvest	Available Daily: Garden S Fresh Granny Smith Apple Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple Chickpea Salad Homemade Lite Veggie Pasta Salad	esh Fruit Available I	Daily. Choice of Milk	is included with
EXPRESS	Available Daily: Garden S Fresh Granny Smith Apple Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple Chickpea Salad Homemade Lite Veggie Pasta Salad Sliced Peaches , Legumes, Fruit & Fr	esh Fruit Available D Meal price includes: protein vo types of milk available daily	Daily. Choice of Milk choice, fresh veggie choice, fre r: 1% low fat unflavored, fat fro	is included with sh fruit choice & bread cho re flavored, fat free unflavor
EXPRESS Healthy Harvest ITSONS' SIMP are Simply Rooted TM in food and	Available Daily: Garden S Fresh Granny Smith Apple Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad A variety of Veggies	sunflower protein and alad, Chef Salad, Caesar Salad Fresh Apple Chickpea Salad Homemade Lite Veggie Pasta Salad Sliced Peaches , Legumes, Fruit & Fr	esh Fruit Available E Meal price includes: protein vo types of milk available daily vailable daily with salad lunch uming raw or under cooked meat, poultr	Daily. Choice of Milk	is included with sh fruit choice & bread cho ce flavored, fat free unflavor tem, fruit choice & milk cho our risk of food borne illness, especis