

Timberlane High School

Welcome to our
Lunch Cafe

9/1/2022 - 9/2/2022

Monday

Tuesday

Wednesday

Thursday

Friday

World
MARKET

La
CUCINA

Coyote
GRILL

Miss
RUBY'S
GRILL

Great
AMERICAN
SANDWICH CO.

Fruit
EXPRESS

Healthy
HARVEST

Homemade Chicken & Broccoli Alfredo
grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🌱🌱
Homemade Garlic Bread

Chicken & Broc.
Alfredo Pizza

SCHOOL
CLOSED
TODAY

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Sweet Corn
Brown Rice

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sauteed onions and peppers P

Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Tuna Salad Wrap* 🌱

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and

Strawberry Orange Smoothie
a blend of vanilla yogurt with fresh strawberries and orange juice 🌱🌱

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll

Fresh Apple
Sliced Peaches
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.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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 provider.

Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

WHITSON'S
School Nutrition

Timberlane High School

Welcome to our
Lunch Cafe

9/5/2022 - 9/9/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Meatloaf with Gravy
savory beef meatloaf with
a hearty brown gravy 🍴
Fluffy Mashed
Potatoes
Green Beans

Pasta, Pasta, Pasta
pasta with the sauce of
your choice: Alfredo,
marinara or bolognese
Homemade Garlic
Bread
Green Beans

Cinnamon French
Toast
slices of French toast
baked to perfection 🍴
Sausage Patty
Crispy Potato Puffs

Chicken with Gravy
roasted chicken covered
with gravy
Fluffy Mashed
Potatoes
Green Beans



Pepper & Onion Pizza
freshly made pizza dough
topped with marinara
sauce, mozzarella and
sauteed peppers and
onions 🍴

French Bread Pizza
toasted French bread
topped with pizza sauce
and melted cheese 🍴

Spinach Pizza
fresh pizza dough topped
with marinara sauce,
fresh spinach and
mozzarella cheese 🍴

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🍴

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough



Mexican Salad
salad with beans, corn,
sour cream, and salsa
🍴
Brown Rice
Sweet Corn

Crispy Tacos
homemade spicy taco
meat inside a crispy taco
shell topped with cheese
Sweet Corn

Veggabol Taco Bean
Tortilla Bowl
seasoned beans set on
top of crisp lettuce in a
whole grain tortilla bowl
topped with tomatoes,
cucumbers and cilantro

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,



Sloppy Joe on a Bun
with
Sweet Potato Fries

BBQ Chicken
Sandwich
warm baked chicken
smothered in BBQ sauce
on a bun and prepared in-
house
Sweet Potato Fries

Grilled Chicken
Teriyaki Sandwich
grilled chicken breast
marinated in teriyaki
sauce, topped with
lettuce & tomato prepared
in-house 🍴

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce and
juicy tomatoes 🍴
Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Turkey Club Wrap 🍴

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Salad Wrap

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
Ham & Cheese Panini

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and



Simply Boxed Yogurt
Power Pack
freshly made meal with
yogurt, diced cheese,
granola and dried fruit 🍴

Cactus Salad
southwestern-style salad
topped with chicken,
avocado, salsa, corn with
a drizzle of ranch
dressing on top 🍴

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

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll



Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Mixed Fruit
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Melon Cup
cubed fresh melon
Garden Salad
Side Salad
side salad with tomato
and cucumber
Potato Salad
Homemade Lite Veggie

Fresh Orange
Sliced Peaches
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.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or religion or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.

Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients



Timberlane High School

Welcome to our
Lunch Cafe

9/12/2022 - 9/16/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Turkey Hot Dog on Bun
turkey hot dog on soft bun
Baked Beans
Sweet Potato Fries

Homemade Mac & Cheese
pasta in cheese sauce,
garnished with parsley
Cajun Roasted Broccoli

Baked Chicken Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce
Dinner Rolls
Green Beans
Fluffy Mashed Potatoes

Homemade Pasta & Meatballs
freshly baked meatballs
with tomato sauce over
pasta
Homemade Garlic Bread
Green Beans

General Tso's Chicken
crispy chicken with
broccoli in General Tso's
sauce
Brown Rice



Meatball Pizza
cheese pizza topped with
sliced meatball

BBQ Chicken Pizza
freshly prepared pizza
dough topped with BBQ
sauce, mozzarella,
cheddar, chicken strips,
and red onion

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp

Pepper & Onion Pizza
freshly made pizza dough
topped with marinara
sauce, mozzarella and
sauteed peppers and
onions

Homemade Chicken & Tomato Calzone
garlic toasted calzone
filled with chicken,
tomato, ricotta and melted
cheeses

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
Sweet Corn

BBQ Chicken Quesadilla
freshly prepared chicken
tossed in BBQ sauce with
melted cheese in
between a grilled tortilla
Nachos Grande

Mexican Salad
salad with beans, corn,
sour cream, and salsa
Nachos Grande
tortilla chips topped with
freshly prepared mexi

Classic Tex Mex Burrito
mexi-style meat, rice and
shredded cheese folded
inside a soft tortilla
Nachos Grande
tortilla chips topped with

Incredibowls BBQ Chicken Burrito Bowl
rice topped with beans,
BBQ chicken, corn, salsa,
avocado and cheese

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried



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

Bacon Cheeseburger
burger topped with
cheese and bacon on a
freshly toasted bun
Sweet Potato Fries

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella
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



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

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Tuna Salad Wrap*

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Teriyaki Chicken

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Turkey Club Wrap

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and



Veggabol Enchilada
Bean Chili Bowl
seasoned bean stew set
on top of fluffy rice with a
side of sour cream and tortilla

Antipasto Salad with Dinner Rolls
salami, provolone, swiss
cheese, garbanzo beans
and fire roasted peppers
over garden salad

Chicken Caesar Salad
fresh romaine topped with
parmesan cheese,
chicken, and croutons
with dinner rolls

Veggabol Rainbow Hummus Rice Bowl
freshly made hummus
with fluffy rice topped
with fresh spinach,
cabbage, carrots, squash
and soft pita wedges

Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll



Fresh Orange
Fresh Melon Cup
Garden Salad
Homemade Lite Veggie Pasta Salad
Homemade pasta with
carrots, corn, onions, red
and green peppers

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Mixed Fruit
Fresh Apple
Fresh Melon Cup
Sliced Peaches
Side Salad

Applesauce
Kiwi
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Mixed Fruit
Fresh Apple
Sliced Peaches
Side Salad

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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 provider.



Timberlane High School

Welcome to our
Lunch Cafe

9/19/2022 - 9/23/2022

Monday

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷
Dinner Rolls
Oven Baked Fries

Tuesday

Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Brown Rice
Sweet Corn

Wednesday

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍷
Green Beans

Thursday

Tomato Soup
Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house 🍷

Friday

Breaded Fish Sticks
Oven Baked Fries
Spicy Honey Carrots

Spinach Bianco Pizza
fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection 🍷

Hand Crafted Three Cheese Pizza
fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses 🍷

Sausage Pizza
traditional pizza slice topped with sausage 🍷

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice P 🍷

Spinach Bianco Pizza
fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection 🍷

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🍷
Sweet Corn

Ranch & Chicken Quesadilla
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla
Nachos Grande 🍷

Fiesta Taco Salad
homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🍷

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🍷
Sweet Corn
Classic Tex Mex

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🍷
Sweet Corn

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried

Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🍷

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house
Sweet Potato Fries

Grilled Chicken Teriyaki Sandwich
grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 🍷

Meatball Hero
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍷
Sweet Potato Fries

Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sauteed onions and peppers P
Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Chicken Salad Wrap

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Turkey Club Wrap 🍷

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Turkey Club Wrap 🍷

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Boston's Favorite

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Chicken Salad Wrap

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and

Veggabol BBQ
Chickpea Rice Bowl
steamed rice topped with BBQ flavored chickpeas, fresh lettuce, tomato, carrots, corn and beans with a BBQ drizzle

Simply Boxed Yogurt Power Pack
freshly made meal with yogurt, diced cheese, granola and dried fruit 🍷

Classic Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🍷

Veggabol Taco Bean Tortilla Bowl
seasoned beans set on top of crisp lettuce in a whole grain tortilla bowl topped with tomatoes, cucumbers and cilantro

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🍷

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll

Fresh Orange Sliced Peaches Side Salad
Homemade Lite Veggie Pasta Salad

Fresh Orange Sliced Peaches Side Salad

Fresh Granny Smith Apple
Potato Salad Side Salad
Sliced Pears

Fresh Apple Sliced Peaches Side Salad

Fresh Apple Sliced Peaches Side Salad

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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 provider.

Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

WHITSON'S
School Nutrition

Timberlane High School

Welcome to our
Lunch Cafe

9/26/2022 - 9/30/2022

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Cinnamon French Toast slices of French toast baked to perfection 🌱 Sausage Patty Crispy Potato Puffs</p>	<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 🌱 Steamed Broccoli Dinner Rolls</p>	<p>PROFESSIONAL DEVELOPMENT DAY</p>	<p>Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Applesauce</p>	<p>General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🌱 Dinner Rolls</p>
	<p>Macho Taco Pizza homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🌱</p>	<p>French Bread Pizza toasted French bread topped with pizza sauce and melted cheese 🌱</p>		<p>Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌱</p>	<p>Homemade Ham, Pepperoni and Cheese Stromboli ham, pepperoni and melted cheese wrapped in a pizza dough 🌱</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough					
	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Nachos Grande 🌱 Brown Rice Sweet Corn</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese 🌱</p>		<p>Bean & Veggie Loaded Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese 🌱</p>
Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried					
	<p>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house Sweet Potato Fries</p>	<p>Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱 Sweet Potato Fries</p>		<p>Turkey Burger grilled turkey burger on a whole wheat bun with cheese Sweet Potato Fries</p>	<p>Beef Hot Dog on Bun juicy beef hot dog on a soft bun Oven Baked Fries</p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap</p>		<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap 🌱</p>	<p>BBQ Chicken Wrap chicken breast with BBQ sauce, lettuce and tomato in a wrap 🌱</p>
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
	<p>Veggabol BBQ Chickpea Rice Bowl steamed riced topped with BBQ flavored chickpeas, fresh lettuce, tomato, carrots, corn and beans with a BBQ drizzle</p>	<p>Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and</p>		<p>Veggabol Rainbow Hummus Rice Bowl freshly made hummus with fluffy rice topped with fresh spinach, cabbage, carrots, squash and soft pita wedges</p>	<p>Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice 🌱</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
	<p>Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Orange Sliced Peaches Potato Salad Side Salad</p>		<p>Fresh Orange Mixed Fruit Fresh Apple Sliced Peaches Side Salad</p>	<p>Fresh Orange Applesauce Sliced Peaches Side Salad</p>



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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 provider.

