Welcome to our Lunch Cafe

9/1/2022 - 9/2/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
World Sex				Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over	8811881	
				tender pasta 🤔 📎 Homemade Garlic Bread	SCHOOL	
^{1a} CUCINA				Chicken & Broc. Alfredo Pizza	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		
Povote A				style meat and cheese		
				Sweet Corn		
GRILL				Brown Rice		
	Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,					
				Sausage Onions & Peppers Sandwich		
400				Italian sausage sandwich		
Miaa 🔝 📗				topped with sauteed		
A IBME				onions and peppers [P		
RUBYS				Sweet Potato Fries		
	Available Daily: Ha	amburgers, Cheeseburg	ers, Veggie Burgers, Chick	ken Patties and Spicy Chicker	Sandwiches	
				Deli Bar		
				an assortment of cold cuts, cheeses,		
o lock				condiments and breads,		
yiem				rolls, or wraps to create		
'AMERICAN				your own sandwich		
SANDWICH CO.	Aveilable Deiby Assa	wheel Deeve Head cold o	uto managem abiakan tuma	Tuna Salad Wrap*	brood velle and	
at a Atr	Available Daily. Asso	iteu Boars Head Cold Ct	its, popcorii chicken, tuna,	cheeses and whole grain rich Strawberry Orange	breau, rons and	
				Smoothie		
Frait sta				a blend of vanilla yogurt		
				with fresh strawberries and orange juice 🕜 🚱		
evdreck				and orange jaroe		
EAPRESS						
	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		
CII OLL.				Side Salad		
reachu I				Homemade Lite Veggie Pasta Salad		
HARVEST O				i asia Saidu		
	Variety of Veggies, Legun	nes, Fruit & Fresh Fruit A	Nvailable Daily. Choice of M	lilk is included with all meals.		
A STATE OF THE PARTY OF THE PAR		,	any. enoice of W	zz z z z z z z z z z z z z z z z z		



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

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Welcome to our Lunch Cafe

9/5/2022 - 9/9/2022

Monday	Tuesday	Wednesday	Thursday	Friday
CELEBRATE	Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Profify 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
NO AY	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: Chee	ese Pizza, Pepperoni Pizza a	and a Special Calzon or Pi	zza all featuring whole gra	ain 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: Nac	chos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Bee	ef, 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: I	Hamburgers, Cheeseburger	s, Veggie Burgers, Chicke	en Patties and Spicy Chick	ken 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: Ass	orted Boars Head cold cuts	, popcorn chicken, tuna, c	heeses and whole grain ri	ich 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	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie	Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie	Fresh Melon Cup cubed fresh melon Garden Salad Side Salad side salad with tomato	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
	Available Daily: Nac Available Daily: Nac Available Daily: Available Dai	Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Fluffy Mashed Potatoes Green Beans Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions with peans, corn, sour cream, and salsa with beans, corn, sour cream, and salsa with sweet Corn Available Daily: Nachos, Cripsy & Soft Tacos, Sloppy Joe on a Bun with Sweet Potato Fries Available Daily: Hamburgers, Cheeseburger Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap work of the power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit wogurt,	Meatloaf with Gravy savory beef meatloaf with a hearth prown gravy Fluffy Mashed Potatoes Green Beans Pepper & Onion Pizza French Bread Garlic Bread Green Beans Pepper & Onion Pizza footh proped with marinara sauce, mozzarella and sauteed peppers and onions Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pixel Mexican Salad salad with beans, com, sour cream, and salsa Sweet Corn Mexican Salad Share Corispy Joe on a Bun with Sweet Potato Fries Sloppy Joe on a Bun with Sweet Potato Fries Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Sandwich Turkey Club Wrap Turkey Club Wrap Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, correctly salad southwestern-style salad	Meatloaf with Grawy savory beef mealted with a hearty brown gravy Firtfy Mashed Potatoes Green Beans Pepper & Onion Pizza Pepper & Onion Pizza freshly made pizza dough topped with mannara sauce mealth pizza sauce and melted cheese and melted cheese sauce, mozzarella and saufeed peppers and onions alad with beans, corn, sour cream, and salsa daid with beans, corn, sour cream, and salsa daid with beans, corn, sour cream, and salsa saled with beans, corn, sour cream, and sales Sippy Joe on a Bun with Sweet Corn Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Sloppy Joe on a Bun with Sweet Potato Fries Sippy Joe on a Bun with Sweet Potato Fries Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Peasts rolls, or wraps to create your own sandwich Turkey Club Wrap Your own sandwich Your diced cheese, granola and dried fruit Your Available Daily: Garden Salad, Caesar Salad, Organic Fruit & Yogurt Parfalt and Smoothies Includes Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfalt and Smoothies Includes Fresh Orange Sliced Peaches Potato Salad Fresh Melon Cup cubed fresh melon Carden Salad Garden Salad Garden Salad



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Solinach Salad without cooked meat, pounty, searood, shellish of eggs may increase your risk of food bornes of the salad searon of the salad search of the salad searc











Welcome to our Lunch Cafe

9/12/2022 - 9/16/2022

Monday **Tuesday** Wednesday **Thursday** Friday Baked Chicken Homemade Mac & Turkey Hot Dog on Homemade Pasta & General Tso's Chicken **Tenders** Meatballs crispy chicken with Bun Cheese turkey hot dog on soft bun pasta in cheese sauce. crispy chicken tenders freshly baked meatballs broccoli in General Tso's **Baked Beans** garnished with parsley perfect for dipping in your with tomato sauce over sauce 🤗 Sweet Potato Fries favorite sauce pasta 🤭 🚷 **P** Brown Rice Dinner Rolls Cajun Roasted Homemade Garlic Green Beans Broccoli Bread Fluffy Mashed Green Beans Potatoes Meatball Pizza BBQ Chicken Pizza Hand Crafted Buffalo Pepper & Onion Pizza Homemade Chicken & cheese pizza topped with freshly prepared pizza Chicken Pizza freshly made pizza dough Tomato Calzone sliced meatball 🤗 dough topped with BBQ fresh dough layered with topped with marinara garlic toasted calzone filled with chicken, sauce, topped with sauce, mozzarella, sauce, mozzarella and cheese and Buffalo tomato, ricotta and melted cheddar, chicken strips, sauteed peppers and cheeses 🤔 and red onion 🤗 chicken pieces and onions 🌈 🤔 baked until crisp 🤗 Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Mexican Salad Nachos Grande **BBQ** Chicken Classic Tex Mex Incredibowls BBQ tortilla chips topped with Quesadilla salad with beans, corn, Burrito Chicken Burrito Bowl freshly prepared mexi freshly prepared chicken sour cream, and salsa mexi-style meat, rice and rice topped with beans, tossed in BBQ sauce with style meat and cheese **3** shredded cheese folded BBQ chicken, corn, salsa, Sweet Corn melted cheese in inside a soft tortilla 🤗 avocado and cheese 🤧 Nachos Grande between a grilled tortilla Nachos Grande tortilla chips topped with Nachos Grande tortilla chips topped with freshly prepared mexi Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Grilled Chicken Chicken Club Double Bacon Burger Bacon Cheeseburger Meatball Hero Teriyaki Sandwich Sandwich burger topped with freshly baked meatballs two juicy all beef patties grilled chicken breast hand crafted sandwich topped with crisp bacon, cheese and bacon on a mixed in a rich tomato with grilled chicken, marinated in teriyaki freshly toasted bun sauce inside a soft roll cheese, on a soft bun sauce, topped with crispy bacon, lettuce and Sweet Potato Fries topped with melted Sweet Potato Fries lettuce & tomato prepared juicy tomatoes 🤗 mozzarella 🤔 🚷 in-house 🤗 Sweet Potato Fries Sweet Potato Fries Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Deli Bar Deli Bar Deli Bar Deli Bar Deli Bar an assortment of cold cuts, cheeses, cuts, cheeses, cuts, cheeses, cuts, cheeses, cuts, cheeses, condiments and breads, condiments and breads. condiments and breads. condiments and breads. condiments and breads. rolls, or wraps to create your own sandwich your own sandwich your own sandwich vour own sandwich your own sandwich Tuna Salad Wrap* 🤒 Buffalo Chicken Wrap Chicken Salad Wrap Teriyaki Chicken Turkey Club Wrap 🤗 Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and Veggabol Enchilada Antipasto Salad with Chicken Caesar Salad Classic Chef Salad Veggabol Rainbow Bean Chili Bowl **Dinner Rolls** fresh romaine topped with Hummus Rice Bowl fresh lettuce topped with seasoned bean stew set salami, provolone, swiss parmesan cheese. freshlv made hummus sliced deli meats and on top of rice with a cheese, garbanzo beans chicken, and croutons with fluffy rice topped cheeses 📭 🤗 v tortilla and fire roasted peppers with dinner rolls 🤔 with fresh spinach, over garden salad 🤗 🚷 cabbage, carrots, squash and soft pita wedges nole Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll Fresh Orange Fresh Orange Mixed Fruit Applesauce Mixed Fruit Fresh Melon Cup Sliced Peaches Fresh Apple Kiwi Fresh Apple Potato Salad Sliced Peaches Garden Salad Potato Salad Fresh Melon Cup Side Salad Homemade Lite Veggie Sliced Peaches Side Salad Side Salad Pasta Salad Homemade Lite Veggie Side Salad Homemade Lite Veggie Homemade pasta with Pasta Salad Pasta Salad carrots, corn, onions, red 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



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Shoot Nutrition











Welcome to our Lunch Cafe

9/19/2022 - 9/23/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Chicken Nugget &	Crispy Tacos	Homemade Pasta &	Tomato Soup	Breaded Fish Stid	
	Mozzarella Stick	homemade spicy taco	Meatballs	Grilled Cheese	Oven Baked Frie	
411 01-5	Combo	meat inside a crispy taco	freshly baked meatballs	Sandwich	Spicy Honey Carr	
World 🟋 🧗	Crispy chicken nuggets	shell topped with cheese	with tomato sauce over	golden toasted bread with		
www / · ·	and gooey mozzarella	Brown Rice	pasta 🤔 🚷	melted gooey cheese		
A MARKET	sticks served with dipping	Sweet Corn	Green Beans	pressed and prepared in-		
	sauce 🤔			house 🏈		
	Dinner Rolls					
	Oven Baked Fries					
	Spinach Bianco Pizza	Hand Crafted Three Cheese Pizza	Sausage Pizza traditional pizza slice	Hawaiian Pizza ham and pineapple	Spinach Bianco P fresh whole grain de	
	fresh whole grain dough	fresh dough layered with	,	, ,,	· ·	
10	brushed with garlic and	sauce, topped with	topped with sausage 🤔	chunks over a cheese	brushed with garlic	
	oil, topped with low fat mozzarella, fresh basil	ricotta, mozzarella, and		pizza slice <page-header></page-header>	oil, topped with lov	
	*	· · · · · · · · · · · · · · · · · · ·			mozzarella, fresh b	
	and spinach, baked to	Parmesan cheeses 🕜			and spinach, bake	
7/11	perfection 🚱 🤔	&			perfection 🕜 🥖	
MEATLESS	Available Daily: Chees	e Pizza, Pepperoni Pizza a	and a Special Calzon or Pi	zza all featuring whole gra	in rich pizza dough	
TO TOWN	Nachos Grande	Ranch & Chicken	Fiesta Taco Salad	Nachos Grande	Nachos Grand	
MUNITER	tortilla chips topped with	Quesadilla	homemade crunchy	tortilla chips topped with	tortilla chips topped	
M VI PA	freshly prepared mexi	homemade fiesta	tortilla bowl filled with	freshly prepared mexi	freshly prepared n	
ouoi	style meat and cheese	chicken, mozzarella and	fiesta style beef, crisp	style meat and cheese	style meat and che	
	>	ranch dressing melted	cucumbers, tomatoes,			
R GWILL	Sweet Corn	into a warm tortilla	lettuce and shredded	Sweet Corn	Sweet Corn	
		Nachos Grande	cheddar cheese 🤔	Classic Tex Mex		
AL AL	Available Daily: Nachos	Cripsy and Soft Tacos, N	Mexi-Rice with your choice	e of Mexi Beef, Mexi Chick	en, Mexi Veg, Refrie	
	Buffalo Chicken	BBQ Chicken	Grilled Chicken	Meatball Hero	Sausage Onions	
	Sandwich	Sandwich	Teriyaki Sandwich	freshly baked meatballs	Peppers Sandw	
$m_{i,i}$	warm sandwich prepared	warm baked chicken	grilled chicken breast	mixed in a rich tomato	Italian sausage sand	
IIII	in-house with spicy	smothered in BBQ sauce	marinated in teriyaki	sauce inside a soft roll	topped with saute	
I BWIG STER	marinated chicken breast,	on a bun and prepared in-	sauce, topped with	topped with melted	onions and peppers	
UBY BALLEY I	crisp lettuce and sliced	house	lettuce & tomato prepared	mozzarella 🤔 🚷		
GRILL	tomato 🤔	Sweet Potato Fries	in-house 🤔	Sweet Potato Fries	Sweet Potato Fr	
A ALLEN	Available Daily: Ha	mburgers, Cheeseburger	s, Veggie Burgers, Chick	en Patties and Spicy Chick	en Sandwiches	
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar	
	an assortment of cold	an assortment of cold	an assortment of cold	an assortment of cold	an assortment of o	
	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	
Soot Ca	condiments and breads,	condiments and breads,	condiments and breads,	condiments and breads,	condiments and br	
poetiu see	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to c	
AMERICAN I	your own sandwich	your own sandwich	your own sandwich	your own sandwich	your own sandw	
SANDWICH CO.	Chicken Salad Wrap	Turkey Club Wrap 🤭	Turkey Club Wrap 🤔	Boston's Favorite	Chicken Salad W	
and the state of t	Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
	Veggabol BBQ	Simply Boxed Yogurt	Classic Greek Salad	Veggabol Taco Bean	Chicken Caesar S	
	Chickpea Rice Bowl	Power Pack	romaine lettuce with	Tortilla Bowl	fresh romaine toppe	
d/	steamed riced topped	freshly made meal with	cucumbers, tomatoes,	seasoned beans set on	parmesan chees	
Frait Am	with BBQ flavored	yogurt, diced cheese,	feta cheese, black olives	top of crisp lettuce in a	chicken, and crou	
WBBF00	chickpeas, fresh lettuce,	granola and dried fruit 🅜	and red onions 🅜 🤔	whole grain tortilla bowl	with dinner rolls	
X PRESS	tomato, carrots, corn and	>		topped with tomatoes,		
	beans with a BBQ drizzle			cucumbers and cilantro		
art of the Atlanta	Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
	Fresh Orange	Fresh Orange	Fresh Granny Smith	Fresh Apple	Fresh Apple	
	Sliced Peaches	Sliced Peaches	Apple	Sliced Peaches	Sliced Peache	
4. 0.4	Side Salad	Side Salad	Potato Salad	Side Salad	Side Salad	
1100146.	Homemade Lite Veggie		Side Salad			
	Pasta Salad		Sliced Pears			
HAPWEST O						
A INVITED		5 10 5 1 5 1	allala Dail Clair	k is included with all meals		



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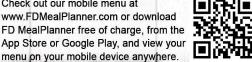
Welcome to our Lunch Cafe

9/26/2022 - 9/30/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
World & MARKET	Cinnamon French Toast slices of French toast baked to perfection Sausage Patty Crispy Potato Puffs	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy Steamed Broccoli Dinner Rolls	PROFESSIONAL DEVELOPMENT DAY	Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Applesauce	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce D Dinner Rolls	
CUCINA	Macho Taco Pizza homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	ind a Special Calzon or P	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp	Homemade Ham, Pepperoni and Cheese Stromboli ham, pepperoni and melted cheese wrapped in a pizza dough	
	Crispy Tacos	Nachos Grande		Bean & Veggie Loaded	Nachos Grande	
Coyote GRILL	homemade spicy taco meat inside a crispy taco shell topped with cheese Nachos Grande Brown Rice Sweet Corn	tortilla chips topped with freshly prepared mexi style meat and cheese		Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour	tortilla chips topped with freshly prepared mexi style meat and cheese	
1 . 1.	Available Daily: Nachos	, Cripsy and Soft Tacos, M	lexi-Rice with your choice	e of Mexi Beef, Mexi Chick	en, Mexi Veg, Refried	
Miss RUBY'S GRILL	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Sweet Potato Fries	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries amburgers, Cheeseburgers	s Vennie Burners Chick	Turkey Burger grilled turkey burger on a whole wheat bun with cheese Sweet Potato Fries	Beef Hot Dog on Bun juicy beef hot dog on a soft bun Oven Baked Fries	
	Deli Bar	Deli Bar	s, reggie bargers, ernok	Deli Bar	BBQ Chicken Wrap	
Great SAMERICAN SANOVICH CO.	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap		an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap	chicken breast with BBQ sauce, lettuce and tomato in a wrap	
A	Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
Frait Stan EXPRESS	Veggabol BBQ Chickpea Rice Bowl steamed riced topped with BBQ flavored chickpeas, fresh lettuce, tomato, carrots, corn and beans with a BBQ drizzle Available Daily: Garden S	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and	1, Organic Fruit & Yogurt Par	Veggabol Rainbow Hummus Rice Bowl freshly made hummus with fluffy rice topped with fresh spinach, cabbage, carrots, squash and soft pita wedges fait and Smoothies Includes	Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice whole wheat dinner roll	
	Fresh Orange	Fresh Orange		Fresh Orange	Fresh Orange	
Healthy	Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Sliced Peaches Potato Salad Side Salad		Mixed Fruit Fresh Apple Sliced Peaches Side Salad	Applesauce Sliced Peaches Side Salad	
THE TAX IN	nly Rooted® in food and fam			seafood shellfish or eggs may in		



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