Welcome to our Lunch Cafe

an equal opportunity provi
Made With
Organic Ingredients

1/1/2020 - 1/3/2020

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
				Chicken Nugget &	Nachos Grande
World 🗺				Mozzarella Stick Combo	tortilla chips topped wit freshly prepared mexi
MARKET				Crispy chicken nuggets	style meat and cheese
				and gooey mozzarella	sauce 🤔
× 1				sticks served with dipping	Brown Rice
Coyote GRILL				sauce 🤔	Fiesta Corn
				Steamed Broccoli Homemade Garlic	
				French Bread Pizza	Homemade Chicken
				toasted French bread	Parmesan Calzone
				topped with pizza sauce	freshly prepared dougl
la				and melted cheese 🕜	lightly brushed with oil
CUCINA				<b>3</b>	garlic stuffed with chick breast topped with toma
					sauce, mozzarella &
	Available Daily: Ched	I ese Pizza, Pepperoni Pizz	l a and Special Calzone or P	l izza all featuring whole gra	
	, , , , , , , , , , , , , , , , , , , ,		1	Meatball Hero	Grilled Chicken
				freshly baked meatballs	Teriyaki Sandwich
				mixed in a rich tomato	grilled chicken breast
Miss A				sauce inside a soft roll	marinated in teriyaki
RUBY'S	1			topped with melted	sauce, topped with
GRILL	7400			mozzarella 🤔 🚷	lettuce & tomato prepare in-house
1/1-	AL SOS	l railable Daily: Hamburger	s Cheeseburgers Veggie	Baked Potato Wedges  Burgers, & Chicken Patties	
ملا	CALDAV.	i	<del>i</del>	Deli Bar	Deli Bar
Maria de la Carte	URUAY			Italian Combo	Turkey Club Wrap
IV.				Sandwich P	· amoy clas · · · ap
Proof C					
Great S					
SANDWICH CO.					
The same of the sa					
	Daily: Boars Head	cold cuts, popcorn ch	 nicken, tuna, cheeses &	whole grain bread, rol	lls and wraps with
	Daily: Boars Head	cold cuts, popcorn ch	nicken, tuna, cheeses &	whole grain bread, rol	
	Daily: Boars Head	cold cuts, popcorn ch	nicken, tuna, cheeses &	whole grain bread, rol  Chef Salad fresh lettuce topped with	Chicken Caesar Sala
	Daily: Boars Head	cold cuts, popcorn ch	nicken, tuna, cheeses &	Chef Salad	Chicken Caesar Sala
Frait &	Daily: Boars Head	cold cuts, popcorn ch	nicken, tuna, cheeses &	Chef Salad fresh lettuce topped with	Chicken Caesar Sala fresh romaine topped w parmesan cheese, chicken, and croutons
Frait St	Daily: Boars Head	cold cuts, popcorn ch	nicken, tuna, cheeses &	Chef Salad fresh lettuce topped with sliced deli meats and	Chicken Caesar Sala fresh romaine topped with parmesan cheese,
Frait &&	Daily: Boars Head	cold cuts, popcorn ch	icken, tuna, cheeses &	Chef Salad fresh lettuce topped with sliced deli meats and	Chicken Caesar Sala fresh romaine topped wi parmesan cheese, chicken, and croutons
Frait And EXPRESS				Chef Salad fresh lettuce topped with sliced deli meats and	Chicken Caesar Sala fresh romaine topped wi parmesan cheese, chicken, and croutons with dinner rolls
Frait AND EXPRESS				Chef Salad fresh lettuce topped with sliced deli meats and cheeses p	Chicken Caesar Sala fresh romaine topped w parmesan cheese, chicken, and croutons with dinner rolls
Frait Ale September 1				Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	Chicken Caesar Sala fresh romaine topped w parmesan cheese, chicken, and croutons with dinner rolls (2) whole wheat dinner
Frait See				Chef Salad fresh lettuce topped with sliced deli meats and cheeses P Make Your Own Salad with assorted veggies, meats, cheeses or tuna	Chicken Caesar Sala fresh romaine topped w parmesan cheese, chicken, and croutons with dinner rolls whole wheat dinner  Make Your Own Sala with assorted veggies, meats, cheeses or tune
Frait Stands EXPRESS				Chef Salad fresh lettuce topped with sliced deli meats and cheeses P Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad	Chicken Caesar Sala fresh romaine topped per parmesan cheese, chicken, and croutons with dinner rolls with dinner rolls whole wheat dinner  Make Your Own Sala with assorted veggies meats, cheeses or tunis salad
Frait See EXPRESS Healthy				Chef Salad fresh lettuce topped with sliced deli meats and cheeses P Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Applesauce	Chicken Caesar Sala fresh romaine topped win parmesan cheese, chicken, and croutons with dinner rolls with dinner rolls whole wheat dinner  Make Your Own Sala with assorted veggies, meats, cheeses or tune salad Diced Pear Cup
Frait SESEXPRESS  Healthy HARVEST	Available Daily: Garde	en Salad, Chef Salad, Cae	sar Salad & Organic Fruit a	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Applesauce Sliced Peaches	Chicken Caesar Sala fresh romaine topped wi parmesan cheese, chicken, and croutons with dinner rolls whole wheat dinner  Make Your Own Sala with assorted veggies, meats, cheeses or tune salad Diced Pear Cup Fresh Apple
Frait And EXPRESS	Available Daily: Garde	en Salad, Chef Salad, Cae	sar Salad & Organic Fruit a	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Applesauce Sliced Peaches	Chicken Caesar Sala fresh romaine topped w parmesan cheese, chicken, and croutons with dinner rolls whole wheat dinner  Make Your Own Sala with assorted veggies, meats, cheeses or tune salad Diced Pear Cup Fresh Apple
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Frait State EXPRESS  Healthy MARVEST 9	Available Daily: Garde	en Salad, Chef Salad, Cae	sar Salad & Organic Fruit a	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Applesauce Sliced Peaches	Chicken Caesar Sala fresh romaine topped w parmesan cheese, chicken, and croutons with dinner rolls whole wheat dinner  Make Your Own Sala with assorted veggies, meats, cheeses or tune salad Diced Pear Cup Fresh Apple
Frait SCANESS EXPRESS  Healthy HARVEST	Available Daily: Garde	en Salad, Chef Salad, Cae	sar Salad & Organic Fruit a	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Applesauce Sliced Peaches	Chicken Caesar Sala fresh romaine topped win parmesan cheese, chicken, and croutons with dinner rolls whole wheat dinner  Make Your Own Sala with assorted veggies, meats, cheeses or tune salad Diced Pear Cup Fresh Apple
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	Available Daily: Garde	en Salad, Chef Salad, Cae ps, & Fresh Fruits A	sar Salad & Organic Fruit a	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P  Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Applesauce Sliced Peaches	Chicken Caesar Sala fresh romaine topped w parmesan cheese, chicken, and croutons with dinner rolls with dinner of the with assorted veggies meats, cheeses or tun salad Diced Pear Cup Fresh Apple

Made With
Natural Ingredients

**Vegetarian** 

Pork

Welcome to our Lunch Cafe

1/6/2020 - 1/10/2020

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.

Monday Wednesday **Thursday Tuesday** Friday Chicken Nuggets Pasta, Pasta, Pasta Whole Grain French Crispy Tacos Nachos Grande Toast homemade spicy taco pasta with the sauce of crispy breaded chicken tortilla chips topped with World 🏋 🕶 slices of French toast meat inside a crispy taco your choice: Alfredo, nuggets perfect for freshly prepared mexi baked to perfection 🍘 shell topped with cheese marinara or bolognese dipping in your favorite style meat and cheese Soft Tacos Crispy Pork Sausage Steamed Carrots sauce sauce 🤭 Brown Rice Homemade Garlic Whole Wheat Dinner Links Brown Rice Fiesta Corn Bread Roll Sauteed Cinnamon Fiesta Corn Fluffy Mashed Apple Slices Crispy Potato Puffs Potatoes Pizza Bagel Homemade three French Bread Pizza Homemade Chicken Buffalo melted cheese and Cheese Calzone toasted French bread Parmesan Calzone tomato sauce on a calzone stuffed with three topped with pizza sauce freshly prepared dough Chicken Pizza delicious melted lightly brushed with oil & toasted bagel, baked to and melted cheese 🧖 cheeses 🤔 garlic stuffed with chicken perfection 🍘 🤔 breast topped with tomato sauce, mozzarella & Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough Eggplant Parm Hero Grilled Cheese Whole Grain Fish Chicken Club Philly Cheese Steak Sandwich Sticks breaded eggplant with Sandwich thinly sliced beef topped golden toasted bread with Whole Wheat Dinner sauce and melted hand crafted sandwich with sauteed peppers, Roll with grilled chicken, melted gooey cheese mozzarella on a club roll onions and melted pressed and prepared in-Sweet Potato Fries crispy bacon, lettuce and cheese on a lightly Sweet Potato Fries house 🌠 juicy tomatoes 🤗 toasted bun prepared inhouse 🤔 Sweet Potato Fries Sweet Potato Fries 25 Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. Deli Bar Deli Bar Deli Bar Deli Bar Deli Bar Chicken Caesar Wrap Vegetarian Hummus Chicken Salad Wrap Egg Salad Wrap 🤔 Buffalo Chicken Wrap Wrap 🥝 🤔 Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with Garden Salad with Chef Salad Garden Salad with Chicken Caesar Salad Chef Salad Cheese Entree Hard Boiled Eggs & fresh lettuce topped with fresh lettuce topped with fresh romaine topped with sliced deli meats and fresh garden salad Dinner Rolls sliced deli meats and parmesan cheese, topped with cheese 🕜 garden salad with tomato. cheeses P chicken, and croutons cheeses p cucumber, carrot, and with dinner rolls hard boiled eggs 🌈 🤔 Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad salad salad salad salad Fresh Orange Mixed Fruit Sliced Peaches Fresh Grapes Sliced Peaches Fresh Apple Applesauce Fresh Banana Mixed Fruit Fresh Apple Fresh Apple Salad Bar, Fruit Cups & Fresh Fruits Available Daily. Also a Variety of Milks Available with all Meals. Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice WHITSONS' At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored

Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

Pork

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Vegetarian

Welcome to our Lunch Cafe

1/13/2020 - 1/17/2020

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M	Monday	Tuesday	Wednesday	Thursday	Friday
World ST. MARKET  Coyote GRILL	Chicken and Waffles crispy chicken placed on top of fluffy waffles Applesauce Crispy Potato Puffs	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Brown Rice Fiesta Corn	Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings	Roasted Turkey with Gravy oven roasted turkey breast smothered with gravy Corn Bread Stuffing Fluffy Mashed Potatoes Green Beans	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Corn
cucina Cucina	Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 🚱 🤔	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chickel breast topped with tomate sauce, mozzarella &
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or Piz	zza all featuring whole gra	ain rich pizza dough
Miss RUBY'S GRILL	Grilled Cheese Sandwich Dasted bread with I gooey cheese and prepared inhouse et Potato Fries	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Sweet Potato Fries	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Baked Potato Wedges
10-			Cheeseburgers, Veggie B		
Great S	Deli Bar Chicken Caesar Wrap	Deli Bar Turkey Club Wrap 🤔	Deli Bar Chicken Salad Wrap &	Deli Bar Ham & Cheese Wrap	Deli Bar Buffalo Chicken Wrap 🤔
MATE	aily: Boars Head o	cold cuts, popcorn chic	cken, tuna, cheeses & v	whole grain bread, ro	lls and wraps with
Frais (2000) EXPRESS	Chef Salad iresh lettuce topped with sliced deli meats and cheeses (P)	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs	Garden Salad with Turkey Salad
	Available Daily: Garder	n Salad, Chef Salad, Caesa	ar Salad & Organic Fruit an	nd Yogurt Parfait. Include	s whole wheat dinner
Healthy	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Mixed Fruit Fresh Apple	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Orange Applesauce	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Banana Mixed Fruit	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Orange Mixed Fruit	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Granny Smith Apple Sliced Peaches
	Salad Bar, Fruit Cup	s, & Fresh Fruits Ava	ailable Daily. Also a V	ariety of Milks availa	ble with all
WHITSONS SIMP			Meal price includes: protein c	choice, fresh veggie choice, fre	sh fruit choice & bread choice

Pork

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**Vegetarian** 

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Welcome to our Lunch Cafe

1/20/2020 - 1/24/2020

Monday	Tuesday	Wednesday	Thursday	Friday
World TATE	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken	Baked Chicken Fluffy Mashed Potatoes Sweet Corn	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Coyote	Brown Rice Fiesta Corn	Homemade Mac & Cheese (v) (b) Green Beans Homemade Garlic	Garlic Cheese Biscuit	Brown Rice Fiesta Corn
1ª CINA	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips,	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken
Cosino		and red onion 🤔		breast topped with tomato sauce, mozzarella &
Available Daily: Che	ese Pizza, Pepperoni Pizza	and Special Calzone or P	izza all featuring whole gra	ain rich pizza dough
	Whole Grain Fish Sticks Whole Wheat Dinner	Philly Cheese Steak thinly sliced beef topped with sauteed peppers,	Chicken Club Sandwich hand crafted sandwich	Meatball Hero freshly baked meatballs mixed in a rich tomato
Miss WENTESS	Roll Sweet Potato Fries	onions and melted cheese on a lightly toasted bun prepared in-	with grilled chicken, crispy bacon, lettuce and juicy tomatoes	sauce inside a soft roll topped with melted mozzarella
GRILL	vailable Daily: Hamburgers,	house 🤔	Sweet Potato Fries	Baked Potato Wedges
	Deli Bar	Deli Bar	Deli Bar	Deli Bar
2. 1	Vegetarian Hummus Wrap 🔗 🤔	Chicken Salad Wrap	Egg Salad Wrap 🥱	Buffalo Chicken Wrap
Great SAMERICAN BOARS Head	cold cuts, popcorn chi	cken, tuna, cheeses &	whole grain bread, ro	lls and wraps with
Way Raid	Garden Salad with	Garden Salad with	Chicken Caesar Salad	Chef Salad
Frait & MONDLY  EXPRESS I	Cheese Entree fresh garden salad topped with cheese	Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 👔 🔗	fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	fresh lettuce topped with sliced deli meats and cheeses P
Available Daily: Garde	en Salad, Chef Salad, Caes		and Yogurt Parfait. Includes	s whole wheat dinner
	Make Your Own Salad	Make Your Own Salad	Make Your Own Salad	Make Your Own Salad
	with assorted veggies, meats, cheeses or tuna salad	with assorted veggies, meats, cheeses or tuna salad	with assorted veggies, meats, cheeses or tuna salad	with assorted veggies, meats, cheeses or tuna salad
Healthy MARVEST	Fresh Orange Applesauce	Sliced Peaches Fresh Banana	Fresh Grapes Mixed Fruit Fresh Apple	Sliced Peaches Fresh Apple
Salad Bar, Fruit Cu	ps, & Fresh Fruits Av	ailable Daily. Also a \	Variety of Milks availa	able with all
WHITSONS SIMPLY ROO'	TED At least t		choice, fresh veggie choice, fres y: 1% low fat unflavored, fat fre	

Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

Pork

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**Vegetarian** 

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Welcome to our Lunch Cafe

1/27/2020 - 1/31/2020

Monday **Tuesday** Wednesday **Thursday** Friday Pasta, Pasta, Pasta Chicken with Gravy Crispy Tacos Nachos Grande **Double Hot Dogs** homemade spicy taco pasta with the sauce of roasted chicken covered tortilla chips topped with World 🏋 🕶 with Chili, Cheese and meat inside a crispy taco your choice: Alfredo, with gravy freshly prepared mexi MARKET shell topped with cheese Fluffy Mashed marinara or bolognese style meat and cheese Onion toppings Homemade Garlic Soft Tacos Potatoes sauce Green Beans Brown Rice Bread Brown Rice **Baked Beans** Fiesta Corn Steamed Carrots Cranberry Sauce Fiesta Corn Oven Fries Garlic Cheese Biscuit French Bread Pizza Pizza Bagel Homemade three Meat Lovers Pizza Homemade Chicken melted cheese and Cheese Calzone freshly made pizza toasted French bread Parmesan Calzone tomato sauce on a calzone stuffed with three topped with mozzarella topped with pizza sauce freshly prepared dough delicious melted lightly brushed with oil & toasted bagel, baked to cheese, sausage, and melted cheese 🧖 cheeses 🤔 pepperoni and meatball garlic stuffed with chicken perfection 🍘 🤔 breast topped with tomato P sauce, mozzarella & Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough Eggplant Parm Hero Grilled Cheese **BBQ** Chicken Meatball Hero Grilled Chicken Teriyaki Sandwich Sandwich Sandwich breaded eggplant with freshly baked meatballs golden toasted bread with warm baked chicken sauce and melted mixed in a rich tomato grilled chicken breast smothered in BBQ sauce marinated in teriyaki melted gooey cheese mozzarella on a club roll sauce inside a soft roll pressed and prepared inon a bun and prepared intopped with melted sauce, topped with house 🌠 house mozzarella 🤗 🚷 lettuce & tomato prepared Sweet Potato Fries in-house 🤧 Sweet Potato Fries Sweet Potato Fries Sweet Potato Fries 25 Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. Deli Bar Deli Bar Deli Bar Deli Bar Deli Bar Chicken Caesar Wrap Turkey Club Wrap 🤗 Chicken Salad Wrap Ham & Cheese Wrap Buffalo Chicken Wrap Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with House Chop Salad with Chef Salad Chef Salad Chicken Caesar Salad Garden Salad with fresh lettuce topped with Hard Boiled Eggs & Ham & Dinner Rolls fresh lettuce topped with fresh romaine topped with sliced deli meats and sliced deli meats and Dinner Rolls ham, tomatoes, and red parmesan cheese. garden salad with tomato. peppers on a bed of cheeses p chicken, and croutons cheeses (P) PS with dinner rolls 🤗 cucumber, carrot, and lettuce served with Italian hard boiled eggs 🍘 🤔 dressing P 🚱 🚷 Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad salad salad salad salad Fresh Orange Mixed Fruit Fresh Banana Fresh Orange Fresh Granny Smith Fresh Apple Applesauce Mixed Fruit Mixed Fruit Apple Sliced Peaches Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice WHITSONS S

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At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.

Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

The 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. 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.









