Welcome to our Lunch Cafe

10/1/2019 - 10/4/2019

MO	Monday	Tuesday	Wednesday	Thursday	Friday
World To MARKET Coyote GRILL		Staff Development Day No School	Pasta & Meat Sauce freshly cooked pasta with meat sauce ♥ ♥ ♦ Green Beans Homemade Garlic Bread	Baked Chicken Fluffy Mashed Potatoes Whole Wheat Dinner Roll Cranberry Sauce Sweet Corn	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Com
1ª CUCINA			Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp	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 breast topped with tomato sauce, mozzarella & Parmesan cheese
MENLS	Available Daily	I y: Cheese Pizza, Pepperoni Piz	za and Special Calzone or Pizz	a all featuring whole grain rid	
Miss RUBY'S	y		Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared inhouse Sweet Potato Fries	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
		Available Daily: Hamburger	s, Cheeseburgers, Veggie Bu Deli Bar	Deli Bar	Deli Bar
Great SAMERICAN SAMERICA CO.			Egg Salad Wrap 🥱	Ham & Cheese Wrap	Buffalo Chicken Wrap
	Daily: Boars Head	cold cuts, popcorn chicken, t	una, cheeses & whole grain	bread, rolls and wraps with	vegetable toppings
Frait AM EXPRESS			Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Tuna Salad Plate garden salad topped with freshly made tuna salad 🔗
	Available Daily: Garde	en Salad, Chef Salad, Caesar Sa	lad & Organic Fruit and Yogurt	Parfait. Includes whole whe	at dinner roll and your
Healthy			Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Banana Sliced Peaches	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Mixed Fruit Kiwi Roasted Kale	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Com & Black Bean Salad Diced Pear Cup
	Salad Bar, Fruit Cups, 8	【 ♣ Fresh Fruits Available Daily	v. Also a Variety of Milks avai	ilable with all Meals.	

We are Simply Rooted $\ ^{\mathbf{m}}$ 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.









Welcome to our Lunch Cafe

10/7/2019 - 10/11/2019

M	Monday	Tuesdav	Wednesday	Thursday	Friday
TOTAL CONTRACTOR OF THE STATE O	Whole Grain French Toast	Crispy Tacos homemade spicy taco	Pasta, Pasta, Pasta pasta with the sauce of	Homemade Shepherd's Pie	Nachos Grande tortilla chips topped with
World 🗺	slices of French toast	meat inside a crispy taco	your choice: Alfredo,	seasoned ground meat	freshly prepared mexi
MARKET MARKET	baked to perfection Crispy Turkey Sausage	shell topped with cheese Soft Tacos	<i>marinara or bolognese</i> Homemade Garlic	and crisp vegetables covered in creamy	style meat and cheese sauce
	Links Cinnamon Apple Slices	Brown Rice Fiesta Corn	Bread Steamed Carrots	mashed potatoes, melted cheese, and	Brown Rice Fiesta Com
Coyote	Crispy Potato Puffs	. 10010 00111	Great Tod Garrete	gravy 👩	i lesta com
7 GRILL				Whole Wheat Dinner Roll	
	Pizza Bagel melted cheese and	Homemade Meatball Calzone	Sausage Pizza traditional pizza slice	French Bread Pizza toasted French bread	Homemade Chicken Parmesan Calzone
1a A A	tomato sauce on a toasted bagel, baked to	fresh dough lightly	topped with sausage	topped with pizza sauce	freshly prepared dough
CUSITA	perfection 🚱 🤭	brushed with garlic and oil sauce made from	3	and melted cheese 🕜 🥱	lightly brushed with oil & garlic stuffed with
		scratch, rolled with low fat seasoned ricotta and			chicken breast topped with tomato sauce,
		mozzarella cheeses, meatball slices, basil			mozzarella & Parmesan
	Available Daily: 0		a and Special Calzone or Pizz	za all featuring whole grain ri	cheese 🥱 🗞
	Grilled Cheese	Sausage, Egg and Cheese Sandwich	Philly Cheese Steak	Smokehouse Pulled	Meatball Hero
Miss S	Sandwich golden toasted bread	a warm sandwich	thinly sliced beef topped with sauteed peppers,	Pork Sandwich smokehouse pulled	freshly baked meatballs mixed in a rich tomato
RUBY'S	with melted gooey cheese pressed and	prepared in-house with savory sausage, fluffy	onions and melted cheese on a lightly	pork on a roll with cole slaw	sauce inside a soft roll topped with melted
GRILL	prepared in-house 🍘	eggs and melted cheese 🖸	toasted bun prepared in- house 👸	Sweet Potato Fries	mozzarella 🤧 🚷
	Sweet Potato Fries	Sweet Potato Fries	Sweet Potato Fries		Baked Potato Wedges
		Available Daily: Hamburgers	, Cheeseburgers, Veggie B	urgers, & Chicken Patties.	
	Deli Bar Chicken Caesar Wrap	Deli Bar Vegetarian Hummus	Deli Bar Egg Salad Wrap 🥱	Deli Bar Turkey BLT Wrap 🥱	Deli Bar Buffalo Chicken Wrap
Creat C	Officker Caesar Wrap	Wrap	Egg Salau Wiap	Turkey BLT Wrap	Bullalo Chilcken Wrap
Great SAMERICAN					
CANOMISM SO:					
	•			bread, rolls and wraps with	
	Chef Salad fresh lettuce topped with	Garden Salad with Cheese Entree	Garden Salad with Hard Boiled Eggs &	Chicken Salad	Chicken Caesar Salad fresh romaine topped
Frait Am	sliced deli meats and cheeses 🕞 🥱	fresh garden salad topped with cheese 👩 🤭	Dinner Rolls garden salad with		with parmesan cheese, chicken. and croutons
express	Gricocco (1)	topped war cheese w	tomato, cucumber, carrot, and hard boiled		with dinner rolls
			eggs 🚱 🤔		
	Available Daily: Garden S Make Your Own Salad	Salad, Chef Salad, Caesar Sala Make Your Own Salad	ad & Organic Fruit and Yogurt Make Your Own Salad	Parfait. Includes whole whe Make Your Own Salad	at dinner roll and your Make Your Own Salad
	with assorted veggies,	with assorted veggies,	with assorted veggies,	with assorted veggies,	with assorted veggies,
Healthy	meats, cheeses or tuna salad	meats, cheeses or tuna salad	meats, cheeses or tuna salad	meats, cheeses or tuna salad	meats, cheeses or tuna salad
HARVEST O	Fresh Empire Apple Mixed Fruit	Fresh Orange Applesauce	Sliced Peaches Fresh Banana	Fresh Grapes Homemade Hummus	Fresh Empire Apple Sauteed Corn & Black
N				Mixed Fruit	Bean Salsa
	Salad Bar, Fruit Cups & Fr	esh Fruits Available Daily.	Also a Variety of Milks Avail	lable with all Meals.	
		,			
			Meal price includes: protein	choice, fresh veggie choice, fresh	n fruit choice & bread choice
WHITSONS S	PIVROOT	TO THE ROLL OF		: 1% low fat unflavored. fat free	

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Welcome to our Lunch Cafe

10/14/2019 - 10/18/2019

ME	NTLESS.				
	Monday	Tuesday	Wednesday	Thursday	Friday
World ST. MARKET Coyote GRILL	columbus DAY	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	Chicken Bowl with Grawy popcom chicken layered with mashed potatoes and com, smothered in gravy p	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Com
CUCINA MENTES MOVO	Available Daily: 0	White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection Cheese Pizza, Pepperoni Pizz	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 chicken breast topped with tomato sauce, mozzarella & Parmesan cheese
	7 11 011 011 01 01 01 01	Smokehouse Pulled	Turkey Hot Dog on Bun	Meatball Hero	BBQ Chicken
Miss RUBY'S GRILL MENTESS		Pork Sandwich smokehouse pulled pork on a roll with cole slaw Sweet Potato Fries	turkey hot dog on soft turkey hot dog on soft bun Sweet Potato Fries	freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella	Sandwich Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house Baked Potato Wedges
MUNUAY		Available Daily: Hamburgers	, Cheeseburgers, Veggie Bu	urgers, & Chicken Patties.	
		Deli Bar	Deli Bar	Deli Bar	Deli Bar
Great SAMERICAN SAMERICA		Turkey BLT Wrap 🤧	Egg Salad 🚱 🤔	Ham & Cheese Wrap	Buffalo Chicken Wrap
	Daily: Boars Head co	old cuts, popcorn chicken, tu	na, cheeses & whole grain	bread, rolls and wraps with	vegetable toppings
Frait Stands		Tuna Salad Plate garden salad topped with freshly made tuna salad 🎅	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Garden Salad with Cheese Entree fresh garden salad topped with cheese &
	Available Daily: Garden	Salad, Chef Salad, Caesar Sala	nd & Organic Fruit and Yogurt	Parfait. Includes whole whe	at dinner roll and your
Healthy		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 Watermelon Slices Mixed Fruit	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Granny Smith Apple Confetti Garbanzo Bean Salad
	Salad Bar, Fruit Cups, & F	resh Fruits Available Daily.	Also a Variety of Milks ava	ilable with all Meals.	
					n Fruit chaica & bwaad ahaice
W SIMP	IVROOT	M PM MY	Meal price includes: protein of	choice, fresh veggie choice, fresh	i fruit choice & bread choice.

WHITSONS"

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Welcome to our Lunch Cafe

10/21/2019 - 10/25/2019

M	Monday	Tuesday	Wednesday	Thursday	Friday
HORO PAPER CARE I	Chicken Nugget & Mozzarella Stick	Crispy Tacos homemade spicy taco	Homemade Pasta & Meatballs		Nachos Grande tortilla chips topped with
World Total	Combo Crispy chicken nuggets	meat inside a crispy taco shell topped with cheese	freshly baked meatballs with tomato sauce over	Early Release	freshly prepared mexi style meat and cheese
	and gooey mozzarella sticks served with	Soft Tacos Brown Rice	<i>pasta </i>	NO LUNCH	sauce _(?) Brown Rice
Coyote	dipping sauce 🥱 Sweet Potato Fries	Fiesta Com	Bread Steamed Carrots	NO LUNCH	Fiesta Com
7 ORLL	Green Beans Whole Wheat Dinner				
	Pizza Bagel melted cheese and	Homemade three Cheese Calzone	French Bread Pizza toasted French bread		Homemade Chicken Parmesan Calzone
	tomato sauce on a toasted bagel, baked to	calzone stuffed with three delicious melted	topped with pizza sauce and melted cheese 🕜 🥱		freshly prepared dough lightly brushed with oil &
	perfection 🔗 🥱	cheeses 🕜 🥱			garlic stuffed with chicken breast topped
134 531	9 V				with tomato sauce, mozzarella & Parmesan
MUNUA	Available Daily: 0	Cheese Pizza, Pepperoni Pizza	a and Special Calzone or Pizz	a all featuring whole grain ri	cheese 🔗 🗞
	Grilled Cheese Sandwich	Sausage, Egg and Cheese Sandwich	Meatball Hero freshly baked meatballs		Chicken Parmesan Sandwich
Miss S	golden toasted bread with melted gooey	a warm sandwich prepared in-house with	mixed in a rich tomato sauce inside a soft roll		warm chicken patty smothered in tomato
RUBY'S	cheese pressed and	savory sausage, fluffy	topped with melted		sauce, topped with melted cheese
A SPATIES	prepared in-house @ Sweet Potato Fries	eggs and melted cheese	mozzarella ⊕ ౖ Sweet Potato Fries		assembled in-house on
MOVI)	NV	Sweet Potato Fries	, Cheeseburgers, Veggie Bu	warana 9 Chiakan Dattia a	a roll ⊚ ⊗ Baked Potato Wedges
MAN MAN	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar
Phoet	Roast Beef Sandwich	Turkey BLT Wrap 🤭	Ham & Cheese Wrap		Buffalo Chicken Wrap
Great SAMERICAN			•		
SANDWICH CO.					
	Daily: Boars Head co	old cuts, popcorn chicken, tu Garden Salad with	na, cheeses & whole grain Chicken Caesar Salad	bread, rolls and wraps witl	runa Salad Plate
Their sa	fresh lettuce topped with sliced deli meats and	Hard Boiled Eggs & Dinner Rolls	fresh romaine topped with parmesan cheese,		garden salad topped with freshly made tuna
Frait Stand	cheeses p 🤔	garden salad with tomato, cucumber,	chicken, and croutons with dinner rolls		salad 🥱
		carrot, and hard boiled eggs 🕜 🤔	with diffici folis		
		0990 (1)			
		Salad, Chef Salad, Caesar Salad	alondon of facilities along the	Parfait. Includes whole whe	
	Make Your Own Salad with assorted veggies,	Make Your Own Salad with assorted veggies,	Make Your Own Salad with assorted veggies,		Make Your Own Salad with assorted veggies,
Healthy	meats, cheeses or tuna salad	meats, cheeses or tuna salad	meats, cheeses or tuna salad Mixed Fruit		meats, cheeses or tuna salad
MARVESI	Fresh Empire Apple Mixed Fruit	Fresh Orange Applesauce	Fresh Melon Cup		Fresh Empire Apple Corn & Black Bean Salad
					Diced Pear Cup
	Salad Bar, Fruit Cups, & F	resh Fruits Available Daily.	Also a Variety of Milks ava	ilable with all Meals.	
WHITSONS' STMP	PLYROOT	NRD) At least to	Meal price includes: protein o yo tynes of milk available daily:	choice, fresh veggie choice, fres	

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Welcome to our Lunch Cafe

10/28/2019 - 10/31/2019

ME	TLESS				
M.	Monday	Tuesday	Wednesday	Thursday	Friday
World S. T. MARKET Coyote GRILL	Spicy Chicken Tenders whole muscle spicy chicken tenders Fluffy Mashed Potatoes Green Beans Homemade Garlic Bread	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Brown Rice Fiesta Corn	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken & Homemade Mac & Cheese & © Green Beans Homemade Garlic Bread	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce & Brown Rice Vegetable Egg Roll	
2ª 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	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice p	
	Available Daily: 0	cheese Pizza, Pepperoni Pizz	a and Special Calzone or Pizz	a all featuring whole grain ri	ch pizza dough
Miss RUBY'S GRILL	Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house 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 Available Daily: Hamburgers	Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread Sweet Potato Fries Cheeseburgers, Veggie Bacon Melte	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll Sweet Potato Fries urgers, & Chicken Patties.	
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	
Great SAMERICAN SAMOVICH CO.	Chicken Caesar Wrap	Chicken Salad Wrap 🥱	Tuna Salad Sandwich	Buffalo Chicken Wrap	
	Daily: Boars Head co	l <mark>ld cuts, popcorn chicken, t</mark> u	na, cheeses & whole grain	bread, rolls and wraps with	vegetable toppings
Frait Ath EXPRESS	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions @ 69	Chicken Salad	Tuna Salad Plate garden salad topped with freshly made tuna salad 🤧	
	Avreilable Daiby Con	day Calad Chaf Calad Casa	w Calad Includes whale who	ot diamon well and very aboice	of fourth and maille
Healthy	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Mixed Fruit	den Salad, Chef Salad, Caesa 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 Sliced Peaches Fresh Banana	at dinner roll and your choice Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Watermelon Slices Mixed Fruit	e or truit and milk
WHITSONS SIMP	OI V D MAT			choice, fresh veggie choice, fresl	
WHITSONS'	LITUU	At least to	vo types of milk available daily:	: 1% low fat unflavored, fat free	flavored, fat free unflavored.

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in food & family

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