Welcome to our Lunch Cafe

3/2/2020 - 3/6/2020



WHITSONS"

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.

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

Made With











Welcome to our Lunch Cafe

3/9/2020 - 3/13/2020

Monday Wednesday **Tuesday Thursday** Friday Beef and Tomato Whole Grain French Crispy Tacos Chicken Nuggets Nachos Grande Toast homemade spicy taco Macaroni Casserole crispy breaded chicken tortilla chips topped with World 🏋 🕶 slices of French toast elbow macaroni mixed meat inside a crispy taco nuggets perfect for freshly prepared mexi baked to perfection 🍘 shell topped with cheese with cooked beef, tomato dipping in your favorite style meat and cheese sauce, and cheese 🤔 Crispy Pork Sausage Soft Tacos sauce sauce 🤔 Chicken Fajita Whole Wheat Dinner Homemade Garlic Links Brown Rice Brown Rice Sauteed Cinnamon Bread Roll Fiesta Corn Fluffy Mashed Apple Slices Fiesta Corn Green Beans Crispy Potato Puffs Potatoes Pizza Bagel Homemade three French Bread Pizza Homemade Chicken melted cheese and Cheese Calzone toasted French bread Parmesan Calzone **Buffalo Chicken** tomato sauce on a calzone stuffed with three topped with pizza sauce freshly prepared dough Pizza delicious melted lightly brushed with oil & toasted bagel, baked to and melted cheese 🧖 perfection 🍘 🤔 cheeses 🤗 garlic stuffed with chicken 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 **BBQ** Chicken Chicken Club Sausage, Egg and Sandwich Sandwich breaded eggplant with Sandwich Cheese Sandwich golden toasted bread with warm baked chicken sauce and melted hand crafted sandwich a warm sandwich smothered in BBQ sauce melted gooey cheese mozzarella on a club roll with arilled chicken. prepared in-house with pressed and prepared inon a bun and prepared incrispy bacon, lettuce and savory sausage, fluffy house 🧖 house juicy tomatoes 🤗 eggs and melted cheese Sweet Potato Fries Sweet Potato Fries Baked Potato Wedges Sweet Potato Fries Sweet Potato Fries Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. 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, rolls, or wraps to create vour own sandwich vour own sandwich vour own sandwich your own sandwich vour own sandwich Chicken Caesar Wrap Turkey Club Wrap 🤔 Chicken Salad Wrap Egg Salad Wrap 🤗 Buffalo Chicken Wrap Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with Chef Salad Chicken Caesar Salad Garden Salad with Chicken Caesar Salad Chef Salad Hard Boiled Eggs & fresh lettuce topped with fresh lettuce topped with fresh romaine topped with fresh romaine topped with Dinner Rolls sliced deli meats and parmesan cheese, parmesan cheese, sliced deli meats and garden salad with tomato. cheeses p chicken, and croutons chicken, and croutons cheeses p with dinner rolls 🤗 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 Fresh Grapes Mixed Fruit Sliced Peaches 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

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Welcome to our Lunch Cafe

3/16/2020 - 3/20/2020

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Thursday Monday **Tuesday** Wednesday Friday Chicken and Waffles Buffalo Chicken Mac & Crispy Tacos Nachos Grande crispy chicken placed on homemade spicy taco Cheese tortilla chips topped with Chicken Pot World 🏋 🕶 pasta in cheese sauce. top of fluffy waffles meat inside a crispy taco freshly prepared mexi shell topped with cheese topped with buffalo style Applesauce style meat and cheese Pie chicken 🤗 Crispy Potato Puffs Soft Tacos sauce Chicken Fajita Brown Rice Homemade Mac & Brown Rice Fiesta Corn Cheese 🕜 🤔 Fiesta Corn Green Beans Homemade Garlic Pizza Bagel Homemade three Meat Lovers Pizza French Bread 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 and melted cheese 🧖 cheese, sausage, perfection 🍘 🤔 cheeses 🤗 garlic stuffed with chicken pepperoni and meatball 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 Chicken Club Grilled Cheese **BBQ** Chicken Double Bacon Burger Meatball Hero Sandwich Sandwich two juicy all beef patties freshly baked meatballs Sandwich toasted bread with warm baked chicken topped with crisp bacon, mixed in a rich tomato hand crafted sandwich ed gooey cheese smothered in BBQ sauce cheese, on a soft bun sauce inside a soft roll with arilled chicken. ed and prepared inon a bun and prepared in-Sweet Potato Fries topped with melted crispy bacon, lettuce and house 🧖 house mozzarella 🤗 🚷 juicy tomatoes 🤗 Sweet Potato Fries et Potato Fries Sweet Potato Fries Baked Potato Wedges Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. 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, rolls, or wraps to create vour own sandwich vour own sandwich your own sandwich vour own sandwich vour own sandwich Chicken Caesar Wrap Turkey Club Wrap 🙉 Egg Salad Wrap 🤒 Ham & Cheese Wrap Buffalo Chicken Wrap Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with Chef Salad Chicken Caesar Salad Chef Salad Garden Salad with fresh lettuce topped with Hard Boiled Eggs & fresh lettuce topped with Garden Salad with fresh romaine topped with sliced deli meats and sliced deli meats and Dinner Rolls parmesan cheese, Turkey Salad garden salad with tomato. chicken, and croutons cheeses p cheeses (P) PS with dinner rolls 🤗 cucumber, carrot, and 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 Fresh Banana Mixed Fruit 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" 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

Made With Natural Ingredients

Vegetarian

Welcome to our Lunch Cafe

an equal opportunity provi
Made With
Organic Ingredients

3/23/2020 - 3/27/2020

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.

M	Monday	Tuesday	Wednesday	Thursday	Friday			
World ** MARKET Coyote GRILL	Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Fluffy Mashed Potatoes Homemade Garlic Bread	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap	Staff Development Day No School	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce & Brown Rice Fiesta Corn			
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		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 &			
	Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough							
Miss RUBY'S	Grilled Cheese Sandwich I toasted bread with ted gooey cheese sed and prepared in- house veet Potato Fries	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries	NATIONAL NUTRITION MONTH MARCH 2019	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 👸 📎 Baked Potato Wedges	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house			
MUN	Available Daily: Hamburgers, Checachurgers, Veggie Burgers, & Chicken Patties.							
Great SAMERICAN SAMERICAN	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich n Caesar Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Egg Salad Wrap		Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Roast Beef Sandwich	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap			
Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with								
Frait & EXPRESS	Chef Salad lettuce topped with ed deli meats and cheeses P	Garden Salad with Cheese Entree fresh garden salad topped with cheese		Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P)	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls			
	Available Daily: Garden	n Salad, Chef Salad, Caes	sar Salad & Organic Fruit a	nd Yogurt Parfait. Includes	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 Applesauce Sliced Peaches	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Diced Pear Cup Fresh Apple			
			Meal price includes: pratein	choice, fresh veggie choice, fres	h fruit choice & bread choice			
WHITSONS' STVP		At least	two types of milk available daily	c 1% low fat unflavored fat fre	e flavored fot free unflavored			

Made With
Natural Ingredients

Vegetarian

Pork

Welcome to our Lunch Cafe

3/30/2020 - 3/31/2020

M	Monday	Tuesday	Wednesday	Thursday	Friday		
Harris III and Allendaria	Double Hot Dogs	Crispy Tacos	vveullesuay	liluisuay	Filluay		
	with Chili, Cheese and	homemade spicy taco					
World 🦮	Onion toppings	meat inside a crispy taco					
6 Market	11 0	shell topped with cheese Soft Tacos					
	Baked Beans	Chicken Fajita Wrap					
Couote C	Oven Fries	⊗					
GRILL		Brown Rice					
	5. 5 .	Fiesta Corn					
	Pizza Bagel melted cheese and	Homemade three Cheese Calzone					
	tomato sauce on a	calzone stuffed with three					
10	toasted bagel, baked to	delicious melted					
i ei icina I	perfection 🅜 🤔	cheeses 🤔					
			and Special Calzone or P	izza all featuring whole gra	in rich pizza dough		
	Grilled Cheese Sandwich	BBQ Chicken Sandwich					
	golden toasted bread with	warm baked chicken					
Miss A	melted gooey cheese	smothered in BBQ sauce					
	pressed and prepared in-	on a bun and prepared in-					
GRILL	house 🕡	house Sweet Potato Fries					
	Sweet Potato Fries						
	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.						
	Deli Bar	Deli Bar an assortment of cold					
	an assortment of cold cuts, cheeses,	cuts, cheeses,					
0. 1	condiments and breads,	condiments and breads,					
Great	rolls, or wraps to create	rolls, or wraps to create					
SANDWICH CO.	your own sandwich	your own sandwich					
	Chicken Caesar Wrap	Turkey Club Wrap	4 0		U		
	Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with						
	Chef Salad fresh lettuce topped with	Chicken Caesar Salad fresh romaine topped with					
	sliced deli meats and	parmesan cheese,					
Theit sha	cheeses <page-header></page-header>	chicken, and croutons					
EMBBECE		with dinner rolls 🤔					
eaprejo							
	Available Daily: Garde	l n Salad. Chef Salad. Caes	l ar Salad & Organic Fruit a	nd Yogurt Parfait. Includes	s whole wheat dinner		
	Make Your Own Salad	Make Your Own Salad	3				
	with assorted veggies,	with assorted veggies,					
	meats, cheeses or tuna	meats, cheeses or tuna					
C11 - 041	salad	salad					
Healthy	Mixed Fruit Fresh Apple	Fresh Orange					
HARVEST O	Fresh Apple	Applesauce					
W CTAID	IVROOT	NED	Meal price includes: protein	choice, fresh veggie choice, fres	h fruit choice & bread choice.		

WHITSONS' STUPLY ROOTED in food & family

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Meat price includes: protein choice, presh veggle choice, presh fruit choice & bread choice. 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

Tonsuming raw or under cooked meat, pouttry, seafood, shellfish or eggs may increase your risk of food borne illness, especially i you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additiona information regarding this menu, please contact the food service director. This insitution is an equal opportunity provider









