Welcome to our Lunch Cafe

11/2/2020 - 11/6/2020

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Tacos			Whole Grain French	Nachos Grande
homemade spicy taco	Election Day		Toast	tortilla chips topped wi
meat inside a crispy taco	Licetion Bay		slices of French toast	freshly prepared mex
shell topped with cheese			baked to perfection 🍘	style meat and chees
	No School			,
				sauce 🤔
			Crispy Potato Puffs	Brown Rice
				Fiesta Corn
Fiesta Corn				
Homemade three			French Bread Pizza	Homemade Chicke
				Parmesan Calzone
				freshly prepared doug
			and meited cheese 🎻	lightly brushed with o
cheeses 🤭				garlic stuffed with chic
I				breast topped with ton
				sauce, mozzarella
Available Daily: Chee	se Pizza, Pepperoni Pizz	a and Special Calzone or F	Pizza all featuring whole gra	nin rich pizza dough
BBQ Chicken			Chicken Parmesan	Grilled Chicken
				Teriyaki Sandwich
			' '	grilled chicken brea
smothered in BBQ sauce			smothered in tomato	marinated in teriyal
on a bun and prepared in-			sauce, topped with	sauce, topped with
house			melted cheese	lettuce & tomato prepa
				in-house 🤗
41355	eilahla Daihu Hambuman	- Chanachumunu Vannia	u 🔷 🔿	
	allable Dally: Hamburger	s, Cheeseburgers, Veggle		
				Deli Bar
sortment of cold			an assortment of cold	an assortment of co
cuts, cheeses,			cuts, cheeses,	cuts, cheeses,
condiments and breads,			condiments and breads,	condiments and brea
rolls, or wraps to create			rolls, or wraps to create	rolls, or wraps to crea
			· ·	your own sandwich
				Turkey Club Wrap
	 	olokon tuna ohoosos 8	O a se altre d'acte	
	cold cuts, popcorn ci	ilckeri, turia, crieeses o	-	
				Tuna Salad Plate
				garden salad topped v
parmesan cheese,				freshly made tuna sal
chicken, and croutons			cheeses 📭 🤔	
with dinner rolls 🤗				
I				
Available Daily: Garde	n Salad, Chef Salad, Cae	sar Salad & Organic Fruit a	and Yogurt Parfait. Includes	s whole wheat dinner
Freeh Orange			Applesauce	Diced Pear Cup
Fresh Orange		•		
Applesauce			Sliced Peaches	Fresh Apple
			Sliced Peaches Potato Salad	Fresh Apple Side Salad
Applesauce Potato Salad			Potato Salad	Side Salad
Applesauce Potato Salad Side Salad			Potato Salad Side Salad	Side Salad Potato Salad
Applesauce Potato Salad Side Salad Homemade Lite Veggie			Potato Salad Side Salad Confetti Garbanzo	Side Salad Potato Salad Homemade Lite Veç
Applesauce Potato Salad Side Salad			Potato Salad Side Salad Confetti Garbanzo Bean Salad	Side Salad Potato Salad Homemade Lite Veo Pasta Salad
Applesauce Potato Salad Side Salad Homemade Lite Veggie Pasta Salad			Potato Salad Side Salad Confetti Garbanzo	Side Salad Potato Salad Homemade Lite Veç Pasta Salad Baby Carrots
	Soft Tacos Chicken Fajita Brown Rice Fiesta Corn  Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses  Available Daily: Chee  BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared inhouse at Potato Fries  Deli Bar ssortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap  Daily: Boars Head  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Soft Tacos Chicken Fajita Brown Rice Fiesta Corn  Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses  Available Daily: Cheese Pizza, Pepperoni Pizz  BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared inhouse at Potato Fries  Available Daily: Hamburger  Deli Bar ssortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap  Daily: Boars Head cold cuts, popcorn che  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Soft Tacos Chicken Fajita Brown Rice Fiesta Corn  Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses  Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or F  BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house at Potato Fries  Available Daily: Hamburgers, Cheeseburgers, Veggie  Deli Bar ssortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap  Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls  With dinner rolls	Soft Tacos Chicken Fajita Brown Rice Fiesta Corn  Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses  Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole gra  BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house t Potato Fries  Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Parttes  Deli Bar ssortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap  Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, ro  Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons

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

an equal opportunity provi
Made With
Organic Ingredients











Welcome to our Lunch Cafe

11/9/2020 - 11/13/2020

i i i i i i i i i i i i i i i i i i i	Monday	Tuesday	Wednesday	Thursday	Friday
World S. T. MARKET Coyote GRILL	Whole Grain French Toast slices of French toast baked to perfection Sausage Patty Crispy Potato Puffs	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Corn	Veteran's Day No School	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce Brown Rice	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Brown Rice Fiesta Corn
CUCINA	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 &		BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion	Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 🔗 🤔
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or P	izza all featuring whole gra	in rich pizza dough
Miss RUBY'S GRILL	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house		Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house Sweet Potato Fries	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries
	Ava	ailable Daily: Hamburgers,	Cheeseburgers, Veggie	Burgers, & Chicken Patties	S.
Great SAMERICAN	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap	ckon tuna chaosos &	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 Buffalo Chicken Wrap
	Chef Salad	Tuna Salad Plate	ckeri, turia, criceses &	Buffalo Chicken Salad	Egg Salad Plate with 2
Frait Allen EXPRESS	fresh lettuce topped with sliced deli meats and cheeses P	garden salad topped with freshly made tuna salad		with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	Dinner Rolls on a bed of lettuce with carrots, cucumbers and tomatoes (?)
	Available Daily: Garden	n Salad, Chef Salad, Caesa	ar Salad & Organic Fruit a	I Ind Yogurt Parfait. Includes	whole wheat dinner
Healthy	Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad		Fresh Grapes Mixed Fruit Fresh Apple Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie
	Variety of Fresh Fruits an	d Veggies available daily -	Pasta Salad, Caesar Salad	, Tossed Salad, Cupped Fru	its & Fresh Fruits
VHITSONS' SIMP	TA ROOT			choice, fresh veggie choice, fres y: 1% low fat unflavored, fat free	

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

\*\*\*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.



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Welcome to our Lunch Cafe

11/16/2020 - 11/20/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World TO	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce Brown Rice	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Brown Rice Fiesta Corn		Chicken Pot Pie with a garlic cheese Biscuit	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Corn
<u> cucina</u>	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion	Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 🕜 🤔		Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and	Pepperoni and Cheese Calzone P
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or Pi	zza all featuring whole gra	in rich pizza dough
Miss RUBY'S	Grilled Cheese Sandwich toasted bread with led gooey cheese ed and prepared in- house reet Potato Fries	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries		Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 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
MEST	Ava	ailable Daily: Hamburgers,	Cheeseburgers, Veggie	Burgers, & Chicken Patties	5.
Great SAMERICAN	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 Buffalo Chicken Wrap		Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese Wrap	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap
112772	Daily: Boars Head o	cold cuts, popcorn chic	cken, tuna, cheeses &	whole grain bread, ro	lls and wraps with
Fran San EXPRESS	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	Egg Salad Plate with 2 Dinner Rolls on a bed of lettuce with carrots, cucumbers and tomatoes	w Calad 9 Owner to Fruit o	Garden Salad with Chicken Salad chicken salad on a bed of lettuce, cucumbers, carrots and tomatoes	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls
			ar Salad & Organic Fruit a	nd Yogurt Parfait. Includes	
Healthy	Fresh Grapes Mixed Fruit Fresh Apple Potato Salad Side Salad Homemade Lite Veggie Pasta Salad  Variety of Fresh Fruits an	Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	Pasta Salad Caesar Salad	Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad  , Tossed Salad, Cupped Fru	Fresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
			· · · · · · · · · · · · · · · · · · ·		
VHITSONS' SIMP	LY ROOT			choice, fresh veggie choice, fres v: 1% low fat unflavored, fat free	

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



in food & family

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and purchase locally when seasonally available. Check us out at www.Whitsons.com.









Welcome to our Lunch Cafe

11/23/2020 - 11/27/2020

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	Monday	Tuesday	Wednesday	Thursday	Friday
World T. T. MARKET  Coyote  GRILL	Chicken Pot Pie With a Garlic Cheese Biscuit	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Corn	Thanl No So	ksgiving F hool	loliday
CUCINA	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and	Pepperoni and Cheese Calzone p			
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or Pi	zza all featuring whole gra	ain rich pizza dough
Miss RUBY'S	Chicken Club Sandwich I crafted sandwich h grilled chicken, y bacon, lettuce and icy tomatoes veet Potato Fries	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella Sweet Potato Fries			
MAN MAN	Ava	ailable Daily: Hamburgers,	Cheeseburgers, Veggie I	Burgers, & Chicken Pattie	S.
	Deli Bar an assortment of cold cuts, cheeses,	Deli Bar an assortment of cold cuts, cheeses,			
Great SAMERICAN SAMERICAN	condiments and breads, rolls, or wraps to create your own sandwich Cheese Wrap	condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap			
A COLUMN	Boars Head o	cold cuts, popcorn chi	cken, tuna, cheeses &	whole grain bread, ro	olls and wraps with
Frait & EXPRESS	den Salad with hicken Salad on a bed of rettuce, cucumbers, carrots and tomatoes	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls			
	Available Daily: Garden	n Salad, Chef Salad, Caes	ar Salad & Organic Fruit a	nd Yogurt Parfait. Include	s whole wheat dinner
Healthy	Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad			
	Variety of Fresh Fruits an	d Veggies available daily -	Pasta Salad, Caesar Salad,	Tossed Salad, Cupped Fro	uits & Fresh Fruits
WHITSONS' SIMP	LY ROO	At least t	EE MEALS INCLUDE: protein wo types of milk available daily wailable daily with salad lunch	: 1% low fat unflavored, fat fre	e flavored, fat free unflavored.

Pork

Made With Natural Ingredients

**Vegetarian** 

an equal opportunity provi
Made With
Organic Ingredients

Welcome to our Lunch Cafe

11/30/2020 - 11/30/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World F. MARKET  Coyote  GRILL	Pasta & Meat Sauce freshly cooked pasta with meat sauce (2) (3) Homemade Garlic Bread Green Beans				
CUCINA	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P	so Pizza Ponnoroni Pizza	and Special Calzone or Pi	zza all featuring whole gra	nin rich nizza dough
	Grilled Cheese	oc i izza, i opperom i izza	and opeoidi odizone oi i i	22a an reataining whole gra	iii Hon pizza dodgii
Miss RUBY'S GRILL	Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house Sweet Potato Fries	ailable Daily: Hamburgers.	Cheeseburgers, Veggie	Burgers, & Chicken Patties	S.
	Deli Bar				
Great SAMERICAN SANOVICH CO.	an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Roast Beef Sandwich	cold cuts, popcorn chi	cken, tuna, cheeses &	whole grain bread, ro	lls and wraps with
	Chef Salad				
Frait Ath EXPRESS	fresh lettuce topped with sliced deli meats and cheeses				
	Available Daily: Garder	n Salad, Chef Salad, Caes	ar Salad & Organic Fruit a	nd Yogurt Parfait. Includes	s whole wheat dinner
Healthy	Applesauce Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad				
	Variety of Fresh Fruits ar	nd Veggies available daily -	Pasta Salad, Caesar Salad	, Tossed Salad, Cupped Fru	uits & Fresh Fruits
			EE MEALCINCLLIDE	choice Grahmania de in C	b Court of a constant
WHITSONS' STVP		At least t	wo types of milk available dails	choice, fresh veggie choice, fres : 1% low fat unflavored, fat free	n frait choice & bread choice. ? flavored, fat free unflavored. !

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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