Welcome to our Lunch Cafe

5/3/2021 - 5/7/2021

14. A.	Monday	Tuesday	Wednesday	Thursday	Friday	
World TO MARKET  Coyote  GRILL	Chicken and Waffles crispy chicken placed on top of fluffy waffles Sauteed Cinnamon Apple Slices Crispy Potato Puffs	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap  Brown Rice Fiesta Corn	Pasta & Meat Sauce freshly cooked pasta with meat sauce (%) (%) Green Beans Homemade Garlic Bread	Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Homemade Garlic Bread	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Corn	
de CUCINA	Cheeseburger Pizza	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P	Bacon Pizza handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces	White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball	
Miss RUBY'S	Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house Potato Wedges	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Baked Potato Wedges	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a	Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house Baked Potato Wedges	
MEA		ailable Daily: Hamburgers,	Cheeseburgers, Veggie B	Burgers, & Chicken Patties		
MO	Deli Bar sortment of cold	Deli Bar an assortment of cold	Deli Bar an assortment of cold	Deli Bar an assortment of cold	Deli Bar an assortment of cold	
Great SAMERICAN SANGWICH CO.	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Caesar Wrap	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Roast Beef Sandwich	cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese	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, rolls and wraps with					
Frait 50th EXPRESS	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	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) (2)	Homemade Tuna Salad Platter freshly prepared tuna salad served with fruit, vegetables and pretzels	
	Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and 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 Baby Carrots	Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad	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 Baby Carrots	
		d Veggies available daily -	Pasta Salad, Caesar Salad,		uits & Fresh Fruits	
VHITSONS' STMP	IV ROOT		USDA has approved FREE breakfast and to be served for in person and virtual learn	lunch for all students for schools on the		

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.

Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating.
All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain.

Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially 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











Welcome to our Lunch Cafe

5/10/2021 - 5/14/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
World T. T. MARKET  Coyote GRILL	Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Green Beans Dinner Rolls Sweet Potato Fries	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap  Brown Rice Fiesta Corn	Pasta & Meat Sauce freshly cooked pasta with meat sauce (%) (%) Homemade Garlic Bread Green Beans	Whole Grain French Toast slices of French toast baked to perfection Crispy Pork Sausage Links Crispy Potato Puffs Sauteed Cinnamon Apple Slices	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce  Brown Rice Fiesta Corn	
G MONDAY  WEATERS	Sausage Pizza traditional pizza slice topped with sausage 🤌	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball	Cheeseburger Pizza	English Muffin Pizza	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	
	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 golden toasted bread with melted gooey cheese pressed and prepared in- house Baked Potato Wedges	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Sweet Potato Fries	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	
	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
Great SAMERICAN	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese Daily: Boars Head of	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap cold cuts, popcorn chic	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Wrap*	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Egg Salad Wrap P	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap	
Frait A	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P	Garden Salad with Cheese Entree fresh garden salad topped with cheese	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and	Garden Salad with Cheese Entree fresh garden salad topped with cheese	
EXPRESS	Available Daily, Garden	n Salad, Chef Salad, Caesa	or Solod & Organia Equit of	tomatoes	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	Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie	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	
WHITSONS' STVP	variety of Fresh Fruits an	d Veggies available daily -	Pasta Salad, Caesar Salad,			

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Onsuming raw or under cooked meat, pourry, seajood, shelijish or eggs may increase your risk of jood borne ulness, sepecially f ou 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.











Welcome to our Lunch Cafe

Made With Organic Ingredients

5/17/2021 - 5/21/2021

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
	General Tso's Chicken	Crispy Tacos	Chicken Parmesan	Chicken Nuggets	Nachos Grande
111 015	crispy chicken with	homemade spicy taco	Over Pasta	crispy breaded chicken	tortilla chips topped with
World 🟋 🤻	broccoli in General Tso's	meat inside a crispy taco	oven baked chicken	nuggets perfect for	freshly prepared mexi
🐧 market 🚪	sauce 🤔	shell topped with cheese	topped with sauce and	dipping in your favorite	style meat and cheese
and the same of th	Brown Rice	Soft Tacos Chicken Fajita Wrap	melted cheese, all over	sauce	sauce 🤔
Coyote A	Vegetable Egg Roll	Chicken Lajita Wiap	pasta 🤔 🚷	Oven Baked Fries Sweet Corn	Brown Rice
GRILL		Brown Rice	Green Beans Homemade Garlic	Dinner Rolls	Fiesta Corn
		Fiesta Corn	Bread	Billion 1 tollo	
	French Bread Pizza	Meat Lovers Pizza	Hand Crafted Buffalo	Bacon Pizza	Chicken Pizza
	toasted French bread	freshly made pizza	Chicken Pizza	handmade pizza topped	pizza topped with
	topped with pizza sauce	topped with mozzarella	fresh dough layered with	with sauce, melted	mozzarella cheese an
1a - 1	and melted cheese 🅜	cheese, sausage,	sauce, topped with	mozzarella and crispy	chicken 🤔
PI ICINA	<b>(3)</b>	pepperoni and meatball	cheese and Buffalo	bacon pieces 🤔	
		P 🤔	chicken pieces and		
			baked until crisp 🤔		
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or Pi	zza all featuring whole gra	in rich pizza dough
	Grilled Cheese	Smokehouse Pulled	BBQ Chicken	Sausage, Egg and	Double Bacon Burge
	Sandwich	Pork Sandwich	Sandwich	Cheese Sandwich	two juicy all beef pattie
	toasted bread with	smokehouse pulled pork	warm baked chicken	a warm sandwich	topped with crisp bacc
Miss 🔏 🖊 🚮	ted gooey cheese	on a roll with cole slaw	smothered in BBQ sauce	prepared in-house with	cheese, on a soft but
RUBY'S NET	ed and prepared in-	9	on a bun and prepared in- house	savory sausage, fluffy eggs and melted cheese	Sweet Potato Fries
GRILL	house 🕜	Sweet Potato Fries	Sweet Potato Fries	Sweet Potato Fries	
THE PARTY NAMED IN	Ava	ailable Dailv: Hamburgers,	Cheeseburgers, Veggie I		S.
	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 col
	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,	cuts, cheeses,
2. /	condiments and breads,	condiments and breads.	condiments and breads,	condiments and breads,	condiments and bread
great 🥯 📗	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to create	rolls, or wraps to crea
'american	your own sandwich	your own sandwich	your own sandwich	your own sandwich	your own sandwich
CANDITION CO.	Roast Beef Sandwich	Buffalo Chicken Wrap	Chicken Caesar Wrap	Ham & Cheese Wrap	Chicken Salad Wrap
	Daily: Boars Head of	cold cuts, popcorn chi	cken, tuna, cheeses &	whole grain bread, ro	lls and wraps with
	Chef Salad	Garden Salad with	Chef Salad	Chicken Caesar Salad	Garden Salad with
	fresh lettuce topped with	Cheese Entree	fresh lettuce topped with	fresh romaine topped with	Cheese Entree
	sliced deli meats and	fresh garden salad	sliced deli meats and	parmesan cheese,	fresh garden salad
Frait A	cheeses <page-header></page-header>	topped with cheese 🌈	cheeses <page-header></page-header>	chicken, and croutons	topped with cheese 🌎
-VDDERR		<b>&gt;</b>		with dinner rolls 🤔	<b>&gt;</b>
eapress					
	Available Daily: Garden	n Salad, Chef Salad, Caesa	ar Salad & Organic Fruit a	nd Yogurt Parfait. Includes	s whole wheat dinner
	Fresh Grapes	Applesauce	Fresh Granny Smith	Fresh Orange	Fresh Granny Smit
	Mixed Fruit	Sliced Peaches	Apple	Mixed Fruit	Apple
	Side Salad	Potato Salad	Sliced Peaches	Potato Salad	Sliced Peaches
11 - 011	Homemade Lite Veggie	Side Salad	Potato Salad	Side Salad	Potato Salad
Healthy	Pasta Salad	Confetti Garbanzo	Side Salad	Homemade Lite Veggie Pasta Salad	Side Salad
HARVEST O		Bean Salad Homemade Lite Veggie	Homemade Lite Veggie Pasta Salad	Pasia Salau	Homemade Lite Veg Pasta Salad
	Varioty of Frosh Fruits an	Pacta Salad	Pasta Salad, Caesar Salad,	Tossad Salad Cupped Fre	
	variety of fresh fruits an	id veggies available daily	Tasta Salau, Caesai Salau,	Tossed Salad, Cupped Tre	ilis & Fresh Fruits
		A district the second s	No. of the control of		MANAGEMENT AND
THE RESERVE OF THE PERSON OF T					

Made With Natural Ingredients

**Vegetarian** 

Pork

Welcome to our Lunch Cafe

5/24/2021 - 5/28/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World To MARKET	Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Oven Baked Fries	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap  Brown Rice	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta & & & & & & & & & & & & & & & & & & &	Chicken and Waffles crispy chicken placed on top of fluffy waffles Cinnamon Applesauce	Early Release No Lunch
MODY	Sweet Corn French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	Fiesta Corn  Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball	Bacon Pizza handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces	Cheeseburger Pizza	
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or Pi	zza all featuring whole gra	ain rich pizza dough
Misa RUBY'S	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 (>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	Ruby's Chicken Cordon Bleu handcrafted sandwich with moist chicken breast ,thinly sliced ham, cheese, crisp lettuce and pickle chips between a	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Baked Potato Wedges	
	Ava	ailable Daily: Hamburgers,	Cheeseburgers, Veggie I	Burgers, & Chicken Pattie	s.
Great SAMERICAN	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Tuna Salad Wrap* Daily: Boars Head of	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 Turkey Club Wrap cken, tuna, cheeses &	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese whole grain bread, ro	lls and wraps with
	Chef Salad	Garden Salad with	Chicken Caesar Salad	Chef Salad	•
Frait And EXPRESS	fresh lettuce topped with sliced deli meats and cheeses p	Cheese Entree fresh garden salad topped with cheese	fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	fresh lettuce topped with sliced deli meats and cheeses	
AL SECTION OF THE SEC	Available Daily: Garder	n Salad, Chef Salad, Caesa	ar Salad & Organic Fruit a	nd Yogurt Parfait. Include	s whole wheat dinner
Healthy	Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad	Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad Strawberry Cup	Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad	Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad	
WHITSONS STMP	IV ROOT		USDA has approved FREE breakfast and		

Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is parti All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk &

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Welcome to our Lunch Cafe

5/31/2021 - 5/31/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Holiday No School				
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N. W. W.	9				
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