

9/1/2021 - 9/3/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World TA MARKET			Whole Grain Waffles with Sausage light and crispy waffles served with a sausage patty Crispy Potato Puffs Sauteed Cinnamon Apple Slices	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🔗 😒 Homemade Garlic Bread	Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings
<u>fucina</u>	Available Daily: Chees	se Pizza, Pepperoni Pizza	Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil (?) (?) a and a Special Calzon or Pi	Chicken & Broc. Alfredo Pizza zza all featuring whole gr a	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses in rich pizza dough
			Burrito	Nachos Grande	Mexican Salad
Coyote GRILL			mexi-style meat, rice and shredded cheese folded inside a soft tortilla Brown Rice Sweet Corn	tortilla chips topped with freshly prepared mexi style meat and cheese sauce Sweet Corn Brown Rice	salad with beans, corn, sour cream, and salsa iggi sour cream, and salsa iggi source source Sweet Corn
	Available Daily: Nach	nos, Cripsy & Soft Tacos	, Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S GRILL	Available Daily: Ha	amburgers, Cheeseburg	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in- house ers, Veggie Burgers, Chicke	Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers P Sweet Potato Fries en Patties and Spicy Chick	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato (2) Ken Sandwiches
			Turkey Club Wrap	Roast Beef Wrap	Vegetarian Hummus
Great Stan			turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🤭	thinly sliced roast beef with lettuce and tomato	Wrap freshly made tortilla wrap spread with hummus and topped with crispy cucumbers, tomatoes, red onions and cheese
	Available Daily: Asso	rted Boars Head cold cu	ts, popcorn chicken, tuna, c	cheeses and whole grain ri	ich bread, rolls and
Frait Star EXPRESS			Garden Salad with Chicken Salad chicken salad on a bed of lettuce, cucumbers, carrots and tomatoes p	Simply Boxed Hummus Energy Pack freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables (??) (??)	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes b
	Available Daily: Garden Sa	alad, Chef Salad, Caesar Sa	lad, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
Healthy HARVEST			Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Kiwi	Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
	Variety of Veggies, Legur	nes, Fruit & Fresh Fruit A	vailable Daily. Choice of Mil	k is included with all meals	5.
our menus are n Check out our m www.FDMealPla FD MealPlanner App Store or Go	ply Rooted [®] in food and fam nutritious and flavorful. nobile menu at inner.com or download free of charge, from the iogle Play, and view your obile device anywhere.	2021-2022 sch your schools o choice of fruit, suming raw or of food borne i	approved FREE breakfast and lun ool year. Meals are approved to be district office to see if your school choice of vegetable, choice of 1% under cooked meat, poultry, seafe illness, especially if you have certa posted when available. This instit	served for in person and virtual is participating. All lunches inclu , fat free or flavored milk & a gra od, shellfish or eggs may increa in medical conditions. Menu is s	learners. Please inquire with de a meat or meat alternate, in. ****Con- ise your risk subject to WHITSONS

9/6/2021 - 9/10/2021



	Monday	Tuesday	Wednesday	Thursday	Friday
World St. 6 MARKET	Holiday NO SCHOOL	Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Fluffy Mashed Potatoes Green Beans Whole Wheat Dinner Roll	Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese Homemade Garlic Bread Green Beans	Whole Grain French Toast slices of French toast baked to perfection Sausage Patty Crispy Potato Puffs	Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes Green Beans Garlic Cheese Biscuit
LUCINA CUCINA		Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions (?) (?)	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese (*)	Bagel Pizza	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp
	Available Daily: Chee	se Pizza, Pepperoni Pizza a	and a Special Calzon or Pi	zza all featuring whole gr	ain rich pizza dough
Coyote GRN	ESS	Mexican Salad salad with beans, corn, sour cream, and salsa iggi Sourcon Brown Rice Sweet Corn	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Sweet Corn	Mission Burrito authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce
	vailable Daily: Nac	hos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,
Miss RUBY'S		Sloppy Joe on a Bun with Sweet Potato Fries	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🎅
GRILL	Ausilahla Daihu II	and have a characteristic	Sweet Potato Fries	in-house 🤭	Sweet Potato Fries
	Available Dally: H	amburgers, Cheeseburger			
Great Samerican		Turkey Club Wrap turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🤔	Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🤌	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato 🤌	Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🤌
	Available Daily: Asso	orted Boars Head cold cuts	, popcorn chicken, tuna, c	cheeses and whole grain r	ich bread, rolls and
Frait Strait EXPRESS		Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit @	Garden Salad with Cheese Entree fresh garden salad topped with cheese 🔗	Chef Salad fresh lettuce topped with sliced deli meats and cheeses (P) 🔗	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and
	Available Daily: Garden S	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
Healthy		Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Melon Cup cubed fresh melon Garden Salad Diced Pear Cup Potato Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
	Variety of Veggies, Legu	mes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mil	k is included with all meal	s.
our menus are r Check out our m www.FDMealPla FD MealPlanner App Store or Go	ply Rooted [®] in food and fam nutritious and flavorful. nobile menu at anner.com or download r free of charge, from the pogle Play, and view your nobile device anywhere.	Spinach-Sa your schools dis Bacon (Fieta owning raw or u OnsonSme illr	pproved FREE breakfast and lun Her Withs are approved to be trict office to see if your school Joian Ovegetable, choice of 1% nder cooked meat, poultry, seafo ness, especially if you have certa osted when available. This instit Matural Ingredients	eserved for in person and virtua is participating. All lunches incl , fat free or flavored milk & a gr. ood, shellfish or eggs may incre ain medical conditions. Menu is	I learners. Please inquire with Ide a meat or meat alternate, ain. ****Con- ase your risk Subject to WHITSONS*

9/13/2021 - 9/17/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
World Str. 6 MARKET	Sweet & Sour Chicken Sauce & Toss popcorn chicken in a sweet & sour sauce Brown Rice Steamed Broccoli	Cheesy Lasagna Roll- Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese. () () Steamed Broccoli	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy Steamed Peas	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🔗 🕎 Homemade Garlic Bread Garticceh আ Biscui	Chicken and Waffles crispy chicken placed on top of fluffy waffles Crispy Potato Puffs Sauteed Cinnamon Apple Slices
La CUCINA CUCINA	Meatball Pizza cheese pizza topped with sliced meatball	BBQ Chicken Pizza fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌮	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions @ Do	Chicken, Bacon, Ranch Pizza
	-	se Pizza, Pepperoni Pizza a		izza all featuring whole gra	
Coyote GRILL	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Sweet Corn Brown Rice	Chicken Burrito with Rice & Corn	Mission Burrito authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Sweet Corn Brown Rice
	-			ef, Chicken, Cheese and	
Miss RUBY'S GRILL	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 6	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Sweet Potato Fries	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries
	Available Daily: Ha	amburgers, Cheeseburger	s, Veggie Burgers, Chick	en Patties and Spicy Chic	ken Sandwiches
Great Samerican American American	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato 🤌	Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🤗	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🤣	Teriyaki Chicken Wrap tender Teriyaki chicken breast, lettuce, tomato and mayo on a whole wheat wrap 🤣	Turkey Club Wrap turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🤣
	Available Daily: Asso	rted Boars Head cold cuts	s, popcorn chicken, tuna, o	cheeses and whole grain r	ich bread, rolls and
Frait Star EXPRESS	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and	Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🔗 📎	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls (2)	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🤔	Chef Salad fresh lettuce topped with sliced deli meats and cheeses P &
	Available Daily: Garden Sa	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
Healthy	Fresh Orange Fresh Melon Cup Garden Salad Sliced Peaches Potato Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie	Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
	Variety of Veggies, Legur	nes, Fruit & Fresh Fruit Ava		lk is included with all meal	s.
our menus are n Check out our m www.FDMealPla FD MealPlanner	ply Rooted [®] in food and fam utritious and flavorful. obile menu at inner.com or download free of charge, from the ogle Play, and view your	2021-2022 school your schools dis choice of fruit, c suming raw or u of food borne illu	of year. Meals are approved to be strict office to see if your school hoice of vegetable, choice of 1% nder cooked meat, poultry, seaf ness, especially if you have certa	ich for all students attending sch served for in person and virtual is participating. All lunches inclu , fat free or flavored milk & a gra ood, shellfish or eggs may increa ain medical conditions. Menu is s tution is an equal opportunity pro	learners. Please inquire with ide a meat or meat alternate, ain. ****Con- subject to WHITSONS*

Made With Natural Ingredients

Welcome to our Lunch Cafe

Made With Organic Ingredients

App Store or Google Play, and view your menu on your mobile device anywhere.



9/20/2021 - 9/24/2021



	Monday	Tuesday	Wednesday	Thursday	Friday
World 🐄	Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes Steamed Carrots Dinner Rolls	Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🔗 📎 Homemade Garlic Bread Green Beans	Whole Grain French Toast slices of French toast baked to perfection Sausage Patty Crispy Potato Puffs	Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Fluffy Mashed Potatoes Steamed Carrots Corn Bread	Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🔌 📎 Garlic & Cheese
C NEWLESS	Spinach Bianco Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection v	Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses	Sausage Pizza traditional pizza slice topped with sausage 🤌	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P 🔗	Chicken & Spinach Pizza
	-		and a Special Calzon or Pi		
Coyote GRILL	Mexican Salad salad with beans, corn, sour cream, and salsa Monomory Brown Rice Sweet Corn	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa Monomory Brown Rice Sweet Corn	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Sweet Corn Brown Rice	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn
	Available Daily: Nach	nos, Cripsy & Soft Tacos,	Taco Bowls with Mexi Be	ef, Chicken, Cheese and	Shredded Lettuce,
Missa RUBY"S	Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato O	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries	Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house s, Veggie Burgers, Chicke	Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers P Sweet Potato Fries	Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers P Sweet Potato Fries
	Chicken Salad Wrap	Turkey Club Wrap	Turkey Club Wrap	Roast Beef Wrap	Chicken Salad Wrap
Great Samerican	chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🤣	turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🤭	turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🤔	thinly sliced roast beef with lettuce and tomato	chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🤗
	Available Daily: Asso	rted Boars Head cold cuts	, popcorn chicken, tuna, c	cheeses and whole grain r	ich bread, rolls and
Frait Area EXPRESS	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg ờ	Simply Boxed Yogurt Power Pack freshly made meal with yogurt, diced cheese, granola and dried fruit @	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions (?) (?)	Simply Boxed Hummus Energy Pack freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables (?) (?)	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🤌
	Available Daily: Garden Sa	alad, Chef Salad, Caesar Sala	d, Organic Fruit & Yogurt Par	fait and Smoothies Includes	whole wheat dinner roll
Healthy HARVEST	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Potato Salad Side Salad Homemade Lite Veggie Pasta Salad Sliced Pears	Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggi Pasta Salad
	Variety of Veggies, Legur	nes, Fruit & Fresh Fruit Ava	ailable Daily. Choice of Mil	k is included with all meal	s.
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9/27/2021 - 9/30/2021

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	Monday	Tuesday	Wednesday	Thursday	Friday	
World See	Sweet & Sour Chicken Sauce & Toss popcorn chicken in a sweet & sour sauce Brown Rice	Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes	No School	Pasta with Marina Sauce & Mozzarella Sticks		
A MARKET	Vegetable Egg Roll Oriental Vegetable Blend	Sweet Corn Garlic Cheese Biscuit		Green Beans Garlic Bread		
Le CUCINA	Macho Taco Pizza homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese @		Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp P3		
		se Pizza, Pepperoni Pizza	and a Special Calzon or I	Pizza all featuring whole grain	n rich pizza dough	
Coyote GRILL	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa composition of the salsa Brown Rice Sweet Corn		Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce		
	Available Daily: Nac	hos, Cripsy & Soft Tacos,	Taco Bowls with Mexi B	eef, Chicken, Cheese and Sl	hredded Lettuce,	
	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Sweet Potato Fries	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries		Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries		
	-		rs, Veggie Burgers, Chic	ken Patties and Spicy Chicke	n Sandwiches	
Great AMERICAN	Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🤌	Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🤌		Turkey Club Wrap turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🤌		
	Available Daily: Asso	rted Boars Head cold cuts	s, popcorn chicken, tuna,	cheeses and whole grain ric	h bread, rolls and	
Frait State EXPRESS	Simply Boxed Hummus Energy Pack freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables of b	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and		Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🤌		
	Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll					
Healthy	Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad		Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad		
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