Welcome to our Lunch Cafe

12/1/2017 - 12/1/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
AMERICAN SANDWICHCO.		2440			American Beauty Sandwich thinly sliced turkey and cheese, lettuce and tomato on a roll
	Available Daily:	Assorted Boars Head cold cuts, cheeses	and whole grain rich bread, rolls and w	raps along with an assortment of veget	
La Cucina FIALIAN BISTRO					Calzone 3 Cheese calzone stuffed with three delicious melted cheeses
	Available Dai	ly: Cheese Pizza, Pepperoni P	izza and Vegetable Pizza all fo	eaturing Whole Grain Rich Pi	zza Dough
World Market					Philly Cheese Sandwich beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun Garden Salad
					Soft Taco
Coyote Grill					fiesta-style meat with melted cheese arranged in a soft taco shell
	Available Daily: Nachos, Cripsyand Son	't Tacos, Rice with your choice of Mexi Bee	f, Mexi Chicken, Mexi Veg, Refried Beans, C	heese Sauce, Shredded Cheddar, Shredde	d Lettuce, Salsa and Fresh Pico De
WHERE BURGERS					Chicken Bacon Sandwich tender, crispy chicken patty topped with crispy bacon and leaf lettuce
	Available Daily: Ham	burgers, Turkey Burgers, Veggie Burge	rs, Chicken Patties and Spicy Chicken S	andwiches with Assorted Cheeses and V	
EXPRESS DAILY					Mexican Salad Salad with beans, corn, sour cream, and salsa
	Available Daily: Garden Salad w C	heese, Chef Salad, Chicken Caesar Salad, C	Chicken Caesar Wrap, Buffalo Chicken Wra	p, Turkey& Cheese Wrap, Ham & Cheese	Wrap, Organic Yogurt Parfaits
Healthy Harvest					Fresh Broccoli Mesclun Spring Mix Grape Tomatoes Cucumber Coins Fresh Apple Fresh Orange Melon Cup Fresh Banana
		Fresh Frui	its and Vegetables and Choice	of Milk	i resir Daridi la

WHITSONS' STUPLY ROOTED in food & family

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

Meal price includes: protein choice, fresh veggie choice, fresh 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

\*\*\*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.

Welcome to our Lunch Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday
AMERICAN SANDWICH CO.	Honey Mustard Chicken Wrap crispy breaded chicken strips, lettuce, tomato and honey mustard dressing in a wrap	Turkey BLT Wrap sliced turkey, bacon, lettuce, and tomato on a wrap	Balsamic Glazed Vegetable Sandwich grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll	Egg Salad Sandwich fresh mixed egg salad on assorted bread options	South of the Border Wrap warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla
	Available Daily:	Assorted Boars Head cold cuts, cheeses	and whole grain rich bread, rolls and v	raps along with an assortment of veget	table toppings
Lacucina FIALIAN BISTRO	Buffalo Chicken Stromboli zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough	Pepper & Onion Pizza fresh pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions	Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, pepperoni and spices	BBQ Chicken Pizza fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro	Broccoli Calzone calzone stuffed with melted cheese and sauted broccoli
	Available Dai	ly: Cheese Pizza, Pepperoni P	Pizza and Vegetable Pizza all f	featuring Whole Grain Rich P	izza Dough
World Market	St. Louis BBQ Rib Sandwich* boneless ribs in bbq sauce with cheddar and onion rings on a bun Baked Beans	Sweet & Sour Chicken Sauce & Toss popcom chicken in a sweet & sour sauce Brown Rice Steamed Broccoli	French Toast French toast baked to perfection Turkey Sausage Patty Tator Tots	Sausage & Peppers sweet Italian sausage with sauteed red & green peppers and onions in our homemade tomato sauce  Pasta with Sauce Caesar Salad	Buffalo Chicken and Cheese Quesadilla fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce Veggie Dippers
Coyote Grill Seethwestern caining with a later	Burrito fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla	Cheese Quesadilla freshly grilled flour tortilla with melty cheese	Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar	Nachos with Cheese creamy cheese layered over a bed of nachos	Crispy Tacos crispy taco shells filled with taco meat and cheddar cheese
	Available Daily: Nachos, Cripsyand Sof	ft Tacos, Rice with your choice of Mexi Bee	f, Mexi Chicken, Mexi Veg, Refried Beans, C	Cheese Sauce, Shredded Cheddar, Shredde	d Lettuce, Salsa and Fresh Pico De
ERUBUS WHERE WINDERS THE MELONINITY OF MELON	Egg and Cheese Sandwich breakfast sandwich topped with egg and cheese	BBQ Rib Sandwich BBQ rib patty on a bun	Chicken Wings breaded chicken wings baked to perfection	Buffalo Meatball Parmesan Hero meatballs tossed in tomato and buffalo sauces, topped with melted mozzarella cheese	Chicken Club Sandwich sandwich with grilled chicken, crispy bacon strips, lettuce and tomato
	Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings				
EXPRESS MADE FAILY	Garden Salad Entree fresh garden salad topped with meat	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Tuna Salad Plate garden salad topped with freshly made tuna salad	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs	Grilled Chicken Salad with Dinner Rolls grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers
	Available Daily: Garden Salad w C	heese, Chef Salad, Chicken Caesar Salad, C	Chicken Caesar Wrap, Buffalo Chicken Wra	ap, Turkey& Cheese Wrap, Ham & Cheese	Wrap, Organic Yogurt Parfaits
Healthy Harvest	Corn & Vegetable Salad Fresh Broccoli Mesclun Spring Mix Green Pepper Slices Fresh Apple Melon Cup Pineapple Fresh Red Grapes	Tomato Salad Celery Garbanzo Beans Cucumber Coins Fresh Apple Pineapple Fresh Banana Fresh Strawberries	Fresh Baby Carrots Fresh Broccoli Mesclun Spring Mix Garbanzo Beans Fresh Orange Melon Cup Fresh Red Grapes Applesauce	Bean Salad Grape Tomatoes Cucumber Coins Red Pepper Strips Pineapple Fresh Banana Celery Fresh Red Grapes	Spinach Salad Tomato Salad Cucumber Coins Fresh Baby Carrots Fresh Orange Melon Cup Fresh Strawberries Green Pepper Slices
WHITSONS' STVI	PLYROOT	NEID	Meal price includes: protein	choice, fresh veggie choice, fres	h fruit choice & bread choice.

in food & family 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 Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

Welcome to our Lunch Cafe

12/11/2017 - 12/15/2017

CONTRACTOR OF THE PARTY OF THE	Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Chicken Wrap	Dunfanianal	Tuna Salad Wrap*	Roma Pepperoni Griller	Reuben Sandwich
GREAT	chicken breast with BBQ	Professional	fresh chunky tuna salad	grilled cheese with	meat and Swiss cheese
AMERICAN	sauce, lettuce and tomato	Development	with field greens and	mozzarella, pepperoni,	with sauerkraut and
SANDWICH CO.	in a wrap	•	tomatoes served in a wrap	pizza sauce, and	dressing, pressed betweer
				provolone 🝙	two slices of bread
		E 1 5: : 1			
		Early Dismissal			
	Available Daily:	Assorted Boars Head cold cuts, cheeses	and whole grain rich bread, rolls and w	raps along with an assortment of veget	able toppings
	Buffalo Chicken Pizza		Cheese Pizza Pops	Grilled Vegetable Pizza	Chicken & Spinach
Val O	cheese pizza topped with		garlic pizza dough stuffed	grilled pizza topped with	Calzone
Cucina	Buffalo chicken pieces		with mozzarella cheese,	zucchini, squash, eggplant,	garlic toasted pizza crust
TTALIAN BISTRO			tomato sauce and crushed	scallions and mozzarella	filled with chicken, spinach
C00 1777			red pepper		ricotta and melted cheeses
	Available Dai	ly: Cheese Pizza, Pepperoni P	izza and Vegetable Pizza all f	eaturing Whole Grain Rich Pi	izza Dough
	Stuffed Bread Sticks		Pasta Alfredo with	Chicago Style Hot Dog	Chicken Tenders
	baked bread sticks filled		Chicken & Broccoli	skinless hot dog on a bun,	crispy chicken tenders
100	with melted cheese		pasta with alfredo sauce,	topped with mustard, pickle	perfect for dipping in your
World Market +	Meatball Dunkers		grilled chicken strips and	chips, onions, tomatoes,	favorite sauce
#N • 1856	Roasted Lemon		broccoli florets	tomatoes and jalapeño	Brown Rice
	Parmesan Broccoli		Sauteed Kale	peppers	Fresh Cucumber Salad
				Potato Salad	
				1 otato caraa	
	Door 9 Vassia Dumita		Fiesta Taco Salad	Nachae Cranda	Soft Taco
	Bean & Veggie Burrito			Nachos Grande	
C	a whole wheat burrito,		a crunchy tortilla bowl filled	tortilla chips topped with	fiesta-style meat with
Coyote Grill	stuffed with fiesta rice,		with fiesta style beef,	•	melted cheese arranged in
Grill	veggies, kidney beans and		cucumber, tomato, lettuce,	cheese sauce	a soft taco shell
with a bite	cheddar cheese, served		and cheddar		
	with salsa and sour cream				
	Available Daily, Nachos, Cripsyand Sof	it Tacos, Rice with your choice of Mexi Beef	f, Mexi Chicken, Mexi Veg, Refried Beans, C	heese Sauce, Shredded Cheddar, Shredded	d Lettuce, Salsa and Fresh Pico De
					D # 1 0111
			Bacon Cheeseburger	French Patty Melt	Buttalo Chicken
	Toasty Garlic Mozzarella		Bacon Cheeseburger	French Patty Melt	Buffalo Chicken Sandwich
SDUDUC WIENE	Toasty Garlic Mozzarella Sandwich with Tomato		burger topped with cheese	grilled burger topped with	Sandwich
ERIRUS WHERE BURGERS ARCJUST THE	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread		burger topped with cheese and bacon on a freshly	grilled burger topped with onions with lettuce and	Sandwich chicken marinated in hot
ERUBUS WIERE BURGERS BEGINNING	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with		burger topped with cheese	grilled burger topped with onions with lettuce and	Sandwich chicken marinated in hot sauce on a roll, topped with
WHERE WHERE SHOWING THE REGISHING	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread		burger topped with cheese and bacon on a freshly	grilled burger topped with onions with lettuce and	Sandwich
ERUBYS WHERE BUNGERS HE RESISTENCE	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with		burger topped with cheese and bacon on a freshly	grilled burger topped with onions with lettuce and	Sandwich chicken marinated in hot sauce on a roll, topped with
ERUBUS WITHER BUNGERS BUNGER BUNGER BUNGER BUNGER BUNGER BUNGE	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato	burgers, Turkey Burgers, Veggie Burge	burger topped with cheese and bacon on a freshly toasted bun rs, Chicken Patties and Spicy Chicken S	grilled burger topped with onions with lettuce and tomatoes	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato
ERUBUS WHERE BURGERS ARE JUST THE BEGINNING	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with	burgers, Turkcy Burgers, Veggie Burge	burger topped with cheese and bacon on a freshly toasted bun rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  regetable Toppings  Mexican Salad
ERUBUS WHERE BURGERS ARE JUST THE BEGINNING	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls	burgers, Turkcy Burgers, Veggie Burge	burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad with Dinner Rolls	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, com,
ERUBUS WHERE BURGERS ARE SALARS	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red	burgers, Turkey Burgers, Veggie Burge	burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes,	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  regetable Toppings  Mexican Salad
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce	burgers, Turkey Burgers, Veggie Burge	burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, com,
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red	burgers, Turkey Burgers, Veggie Burge	burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping,	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, com,
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce	burgers, Turkey Burgers, Veggie Burge	burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, com,
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, com, sour cream, and salsa
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V  Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p. Turkey& Cheese Wrap, Ham & Cheese V	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  regetable Toppings  Mexican Salad Salad with beans, com, sour cream, and salsa
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w C		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  chicken Caesar Wrap, Buffalo Chicken Wrap	andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  regetable Toppings  Mexican Salad Salad with beans, com, sour cream, and salsa  Wrap, Organic Yogurt Parfaits  Side Salad
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w C  Potato Salad Fresh Broccoli		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Chicken Caesar Wrap, Buffalo Chicken Wrap, Fresh Baby Carrots  Fresh Cucumber Salad	andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  regetable Toppings  Mexican Salad Salad with beans, corn, sour cream, and salsa  Wrap, Organic Yogurt Parfatts  Side Salad Celery
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w Ci  Potato Salad Fresh Broccoli Mesclun Spring Mix		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Chicken Caesar Wrap, Buffalo Chicken Wrap, Baby Carrots  Fresh Baby Carrots  Fresh Cucumber Salad  Red Pepper Strips	andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  Bean and Vegetable Salad Fresh Broccoli	Sandwich chicken marinated in hot sauce on a roll, topped witi lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, corn, sour cream, and salsa  Wrap, Organic Yogurt Parfaits  Side Salad Celery Red Pepper Strips
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w C  Potato Salad Fresh Broccoli Mesclun Spring Mix Red Pepper Strips		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  chicken Caesar Wrap, Buffalo Chicken Wrap, Baby Carrots  Fresh Baby Carrots  Fresh Cucumber Salad  Red Pepper Strips  Lite Veggie Pasta Salad	grilled burger topped with onions with lettuce and tomatoes  andwicks with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad Fresh Broccoli Grape Tomatoes	Sandwich chicken marinated in hot sauce on a roll, topped witi lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, corn, sour cream, and salsa  Wrap, Organic Yogurt Parfatts  Side Salad Celery Red Pepper Strips Fresh Baby Carrots
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w Ci  Potato Salad Fresh Broccoli Mesclun Spring Mix Red Pepper Strips Fresh Apple		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  chicken Caesar Wrap, Buffalo Chicken Wrap, Baby Carrots  Fresh Baby Carrots  Fresh Cucumber Salad  Red Pepper Strips  Lite Veggie Pasta Salad  Fresh Apple	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad Fresh Broccoli Grape Tomatoes Cucumber Coins	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, corn, sour cream, and salsa  Wrap, Organic Yogurt Parfaits  Side Salad Celery Red Pepper Strips Fresh Baby Carrots Mediterranean
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w Ci  Potato Salad Fresh Broccoli Mesclun Spring Mix Red Pepper Strips Fresh Apple Fresh Orange		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Fresh Baby Carrots  Fresh Baby Carrots  Fresh Cucumber Salad  Red Pepper Strips  Lite Veggie Pasta Salad  Fresh Apple  Pineapple	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad Fresh Broccoli Grape Tomatoes Cucumber Coins Fresh Orange	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, com, sour cream, and salsa  Wrap, Organic Yogurt Parfaits  Side Salad Celery Red Pepper Strips Fresh Baby Carrots Mediterranean Watermelon Side Salad
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w Co		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken St.  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Crudite & Cheese Plattter cucumber, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Crudite & Cheese Plattter cucumber, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Lite Veggie Pasta Salad Fresh Apple  Pineapple  Fresh Banana	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad Fresh Broccoli Grape Tomatoes Cucumber Coins Fresh Orange Melon Cup	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  regetable Toppings  Mexican Salad Salad with beans, com, sour cream, and salsa  Wrap, Organic Yogurt Parfaits  Side Salad Celery Red Pepper Strips Fresh Baby Carrots Mediterranean Watermelon Side Salad Fresh Apple
	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato  Available Daily: Ham  House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing  Available Daily: Garden Salad w Ci  Potato Salad Fresh Broccoli Mesclun Spring Mix Red Pepper Strips Fresh Apple Fresh Orange		burger topped with cheese and bacon on a freshly toasted bun  rs, Chicken Patties and Spicy Chicken S  Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Fresh Baby Carrots  Fresh Baby Carrots  Fresh Cucumber Salad  Red Pepper Strips  Lite Veggie Pasta Salad  Fresh Apple  Pineapple	grilled burger topped with onions with lettuce and tomatoes  andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes  p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad Fresh Broccoli Grape Tomatoes Cucumber Coins Fresh Orange	Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato  egetable Toppings  Mexican Salad Salad with beans, com, sour cream, and salsa  Wrap, Organic Yogurt Parfaits  Side Salad Celery Red Pepper Strips Fresh Baby Carrots Mediterranean Watermelon Side Salad

in food & family 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 Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

Welcome to our Lunch Cafe

12/18/2017 - 12/22/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
AMERICAN SANDWICH CO.	Balsamic Glazed Vegetable Sandwich grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll	Chicken Delight Wrap chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla	Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap	Classic Harvest Wrap ham, mozzarella cheese, tossed greens and tomatoes wrapped in a wrap	HOLIDAY
	Available Daily:	Assorted Boars Head cold cuts, cheeses	and whole grain rich bread, rolls and v	l waps along with an assortment of veget	table toppings
Lacucina HALLAN BISTRO	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice	Buffalo Chicken Pizza Pops crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing	Fresh Basil & Red Pepper Pizza pizza topped with roasted peppers and fresh basil	Stuffed Bread Sticks baked bread sticks filled with melted cheese Meatball Dunkers	Early Dismissa
	Available Dai	ly: Cheese Pizza, Pepperoni P	izza and Vegetable Pizza all f	eaturing Whole Grain Rich P	izza Dough
World Market  Market	Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce Sriracha Garbanzo Beans	Mac & Cheese pasta in cheese sauce, garnished with parsley Steamed Broccoli	Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Caesar Salad	Waffles with Sausage light and crispy waffles served with a sausage patty p Syrup Tator Tots	
	Burrito fiesta style meat with sour	Quesadilla Santa Fe chicken, cheddar, roasted	Fiesta Taco Salad a crunchy tortilla bowl filled	Nachos with Cheese creamy cheese layered	
Coyote Grill	cream, beans, rice, cheese, and lettuce wrapped in a tortilla	peppers and corn over tortilla wrap spread with salsa, folded and grilled	with fiesta style beef, cucumber, tomato, lettuce, and cheddar	over a bed of nachos	
		ft Tacos, Rice with your choice of Mexi Bee		-	ed Lettuce, Salsa and Fresh Pico De
ERUBUS WHERE WHENCE OF THE BECOMMING	Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce	Buffalo Burger grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun	Chicken Parm Sandwich chicken patty topped with melted cheese and tomato sauce on a roll	Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread	
	Available Daily: Ham	nburgers, Turkey Burgers, Veggie Burge	ers, Chicken Patties and Spicy Chicken S	andwiches with Assorted Cheeses and V	Vegetable Toppings
EXPRESS CALLY	Garden Salad Entree fresh garden salad topped with meat	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg	Tuna Salad Plate garden salad topped with freshly made tuna salad	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs	
		Cheese, Chef Salad, Chicken Caesar Salad, C			Wrap, Organic Yogurt Parfaits
Healthy Harvest	Com & Vegetable Salad Fresh Broccoli Garbanzo Beans Cucumber Coins Fresh Apple Fresh Orange Melon Cup Fresh Red Grapes	Red Pepper Strips Squash Medley Mesclun Spring Mix Fresh Baby Carrots Fresh Orange Melon Cup Pineapple Fresh Strawberries	Tomato Salad Garbanzo Beans Cucumber Coins Celery Fresh Apple Fresh Banana Fresh Strawberries Fresh Red Grapes	Sriracha Garbanzo Beans Fresh Broccoli Grape Tomatoes Red Pepper Strips Fresh Apple Melon Cup Pineapple Fresh Strawberries	
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WHITSONS SIMPLY ROOTED in food & family

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

Meal price includes: protein choice, fresh veggie choice, fresh 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

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

12/25/2017 - 12/29/2017

11	Monday	Tuesday	Wednesday	Thursday	Friday
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