### Welcome to our Lunch Cafe

12/1/2017 - 12/1/2017

	Monday	Tuesday	Wednesdav	Thursday	Friday Turkey Ranch Wrap
Wraps 2 Go Part and Fresh Wraps to CO					Turkey Ranch Wrap turkey breast with lettuce tomato and ranch on a wrap
	Boar's Head T	urkey, Ham, or Buffalo C	hicken with Cheese, Lettuc	e & Tomato on a Whole	Wheat Wrap
			1		Calzone 3 Cheese
Lacucina HALLAN BISTRO					calzone stuffed with three delicious melted cheese
	Available Dai	ly: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza all f	featuring whole grain rich	pizza dough
					Mozzarella Sticks
World Market					crispy mozzarella sticks filled with gooey cheese, perfect for dipping into you favorite sauce Garlic Bread
					Chicken Club Sandwich
ERUBYS WHERE					sandwich with grilled chicken, crispy bacon strips, lettuce and tomato
	Available Daily: Hambu	raars Choosoburgors Tur	key Burgers, Veggie Burgers,	Chickon Pattics and Snice	Chickon Sandwichos
	Available Daily. I billiou	igers, oneeseburgers, run	key burgers, veggie burgers,	onicken raties and opicy	Mexican Salad
EXPRESS					Salad with beans, corn, sour cream, and salsa
	Ą	vailable Daily: Garden Salad,	Chef Salad, Chicken Caesar S	alad, Organic Yogurt Parfai	t
					Soft Taco
Coyote Grill Subberger, califier with a bire					fiesta-style meat with melted cheese arranged a soft taco shell
	Available Daily: Nacho Chips,	Cripsyand Soft Tacos, Rice with your choi	ce of Beef, Chicken, Vegetables, Refried Bea	ns, Cheese Sauce, Shredded Cheddar a	nd Fresh Vegetable Toppings
Healthy Harvest					Spinach Salad Grape Tomatoes Fresh Baby Carrots Garbanzo Beans Fresh Apple Fresh Orange Melon Cup
C CIMD	IVDAAY	Fresh Fruit	s and Vegetables and Choic	N DATE OF STR	Pineapple
HITSONS' SINP State Wordson Dur menus are healthy, nutritious and Whitsons, we have very high ingredien sure of it! We also offer gluten and allo hat we are doing at your school to kee	t standards and strict procedures in p ergen free foods. Visit www.Whitsons.c	edients. At place to make	Meal price includes: protein o two types of milk available daily: Available daily with salad lunch: nsuming raw or under cooked meat, poultry, nedical conditions. Menu is subject to chang information regarding this menu, please	1% low fat unflavored, fat fr protein choice, whole grain seafood, shellfish or eggs may increase 9, notice posted when available. If you h	ee flavored, fat free unflavored item, fruit choice & milk choic your risk of food borne illness, especially ave any questions or would like addition

#### 12/4/2017 - 12/8/2017

#### Welcome to our Lunch Cafe

Wrap   wrap   wrap   wrap     Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Letture & Tomato on a Whole Wheat Wrap   Bear's Head Turkey, Ham, or Buffalo Chicken with Cheese, Letture & Tomato on a Whole Wheat Wrap   Pizza Calzone     Wrap   Meat and Cheese Calzone with delicious italian meats an melled cheese   Buffalo Chicken Stromboil garlic pizza dough Suffed garlic pizza dough   Cheese Pizza Pops garlic pizza dough Suffed mozzarella   Filed Vegetable Pizza dough Suffed mozzarella   Pizza Calzone pizza sauce wrapped in garlic pizza dough   Pizza Calzone garlic pizza dough   Pizza Calzone dough filed with notat acuanhie grain pizz sauce and crushed red pepper   Stamed Dumplings Suffalo Chicken Suffer With mozzarella   Pizza Calzone pizza sauce wrapped in mozzarella   Pizza Calzone pizza sauce wrapped in mozzarella   Pizza Calzone pizza sauce and crushed red pepper   Stamed Dumplings Suffalo dumplings path our baked dicken peppers sonics and melted cheese, suffed poppers, chicken Pamesan Over pasta Squash Medley   Staemed Dumplings Staemed Dumplings Staemed Dumplings Staemed Dumplings baked to perfection   Chicago Style Hot Do Stainess hot dog on a bu chicken maninated in hu souce on a roll, topped with mustaer, pick divide cheese and startic cheese, suffed onices, letture and torics, letture and toric		Monday	Tuesday	Wednesday	Thursday	Friday		
And the stand part of the strength of the strengt of the strength of the strength of the strength of th		BBQ Turkey Wrap	South of the Border Wrap			Turkey BLT Wrap		
Wings   Umage   umage and in a britlin   umage   umage   umage     Baarts Head Turkey, Ham, on Buffalo Chicken with Cheese, Letters & Tomato on a Whole Wheet Warg   Picza Galom		turkey breast, bbq sauce,	warm chicken, seasoned	Caesar salad with crispy	freshly made egg salad	sliced turkey, bacon,		
Descense		lettuce and tomato on a	rice, and cheddar cheese	chicken in a wrap	with lettuce and tomato in a	lettuce, and tomato on a		
Descense	wraps 🚄 Goj	wrap	wrapped in a tortilla		wrap	wrap		
Meat and Choese actions Buffeld with delocus listing with melted choeses   Sufficion Citicken Stormbull melted choeses   Citick Stormbull and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses   Disconsing characteristic participation and composition and choeses   Pizza Cazona choeses   Disconsing characteristic participation and composition and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses choeses   Disconsing characteristic participation and choeses   Disconsing characteristic participation and choese   Disconsing characteristic participation and choese   Disconsing characteristic participation and choese   Disconsing characteristic participation and choese   Disconsing characteristic partichonein and choeses   Disconsin and choese	Fast and Fresh Wraps to Go							
Meat and Choese actions Buffeld with delocus listing with melted choeses   Sufficion Citicken Stormbull melted choeses   Citick Stormbull and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses   Disconsing characteristic participation and composition and choeses   Pizza Cazona choeses   Disconsing characteristic participation and composition and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses choeses   Disconsing characteristic participation and choeses   Pizza Cazona choeses choeses   Disconsing characteristic participation and choeses   Disconsing characteristic participation and choese   Disconsing characteristic participation and choese   Disconsing characteristic participation and choese   Disconsing characteristic participation and choese   Disconsing characteristic partichonein and choeses   Disconsin and choese								
Calcone exterior is inferior with delicious litidian meets and melled cheeses and melled cheeses and and pizza succe wapped in garic pizza dough   and/c pizza dough   Ride charge page with scalinos and mozzarella   Charge page with scalinos and page with scalino and page with scalinos and mozza with scalinos and page with scalinos and mozza with scalin								
Calcons staffed uffill devisit onder metted cheeses   mozzamela cheese and garlic pizza adour spata   zacons staffed uffill devisit onder metted cheeses   double cheese and garlic pizza adour spata   zacons staffed uffill devisit onder metted cheeses   double cheese and garlic pizza adour spata   zacons staffed uffill cheese and canamelize and cheese and metted cheeses   double cheese and garlic pizza and Vegetable Pizza at Vegetabl								
Control   Chicken Mings   Chicken Parise   Chicken Parise <td>Val O</td> <td></td> <td>,</td> <td></td> <td></td> <td></td>	Val O		,					
Control balant method   Direct Balance B	Cucina			,		0		
Analiake Daily: Cheese Pizza, Popperori Pizza and Vegetable Pizza all featuring whole grain rich pizza dough     Analiake Daily: Cheese Pizza, Popperori Pizza and Vegetable Pizza all featuring whole grain rich pizza dough     French Toest perfection   Philly: Cheese Starkich perfection   Steamed Dampings provide drampings popers, noines and in methed cheese, and rover pasta   Steamed Dampings Staffet drampings perfection   Schemed Dampings provide drampings pasta   Steamed Dampings Staffet drampings perfection   Schemed Dampings provide drampings perfection   Steamed Dampings pasta   Steamed Dampings provide drampings perfection   Steamed Dampings provide drampings perfection   Schemed Dampings pasta   Steamed Dampings pasta   Steamed Dampings provide drampings perfection   Schemed Dampings pasta   Steamed Dampings   Steamed Dampings	TTALIAN BISTRO				scallions and mozzarella			
French Tosat baked brechtiger   Philly Opesee Sandwich best period   Dicken Paresan Over Pesta to opport with subsch op the opport with subsch opp	-000	mened cheeses	ganic pizza dougn	rea pepper		onions		
French Tosst   Philly Opease Sandwich Princh thast black to pepters. criteria and black topear with subset Destroyed with subset Destroyed with subset Destroyed with subset Destroyed with subset Destroyed with subset Destroyed with subset of the Pasts   Chicken Partnessan Over Pasts   Subset Durpling: Subset durpling and the Destroyed with subset of the Pasts   Chicken Partnessan Over Pasts   Subset Durpling: Subset durplice with Destroyed with subset of the Pasts   Chicken Partnessan Over Pasts   Subset Durpling: Subset durplice with Pasts   Chicken Partnessan Over Pasts   Subset Durpling: Subset durplice with Pasts   Chicken Vings   Chicken Vings   Discipped with Subset Durplice with Pasts   Subset Durpling: Pasts   Chicken Vings   English Chicken Vings   English Chicken Vings   BEQ Rib Sandwich Barked Dearts   BEQ Rib Sandwich Barked Dearts   BURIs Chicken Sandwich durplice with Durplice with Chicken Chicken Sandwich durplice with Durplice with Chicken Chicken Chicken Sandwich durplice with Durplice with Chicken Chi								
Finance tous basked to papers, consone and melied cheese on a lightly basked bages   Pasta papers, consone and melied cheese on a lightly basked burges   Pasta papers, consone and melied cheese on a lightly basked burges   Bear to basked burges pasta Squash Medley   stimess for dog on a burges dripping in your whore papers, sub- parts     Image: the state basked burges melied cheese on a lightly basked burges   Chicken Wings breaded chicken wings breaded chicken wings basked bages   English Cheddar Burger grilled burges topped with burges topped with basked balay. Hamburgers, Cheeseburgers, Turkey Burgers, Veggle Burgers, Chicken Patties and Spley Chicken State with meat   BBQ Rib Dashadwich burges   Burdialo Chicken Bala Patte and topped with burges topped with burges topped with basked balay. Hamburgers, Cheeseburgers, Turkey Burgers, Veggle Burgers, Chicken Pattes subit copped with meat   Burdialo Chicken Bala Patte graden salad durber mainteel build balay. Hamburgers, Cheeseburgers, Chicken Pattes, Bala Patte graden salad durber mainteel build eiged chicken, and chopped egg   Tura Salad Plate graden salad with burget, Bala Patte graden salad durber mainteel build eiged and mainteel build eiged with meat   Childe Dalay. Hamburgers, Cheese and plate, and chickar, and chickar, and chopped egg   Tura Salad Plate graden salad durber with Cheese and chickar, and chickar, and chickar,								
Series of the second								
Scrambled Eggs with Onesee   melled cheese on a lighty hard Golden Baked Potato Wadges   topped with source and melled cheese all our pasta Squash Medley   melled cheese and melled cheese all our pasta Squash Medley   melled cheese and page as Baked Bears     Image Cheese Decision   Chicken Wings breaded chicken wings breaded chicken wings baked by perfection   English Cheddar Burger griled burger topped with burger topped with chedar cheeses, suiteder orions, lettuce and burger topped with reshift and the suited cheese and burger topped with the suite and tomate   Bed Hot Dog on Bun burg bed hot Dog on a bun burger topped with reshift and the suited cheese and burger topped with reshift and the mean builed deggs   Bed Hot Dog on Bun burg bed hot Dog on a bun burg bed hot dog on a bun burger topped with reshift and the suited cheese and burger topped age   Bed Hot Dog on Bun burger topped with reshift and topped with reshift and the topped with reshift and the topped with reshift and the topped with reshift and the tomate orions, baked chicken, and cheedear builed deggs   Carclen Saled with Herd Boiled Gggs and the staled with tomato. The suite of topped degg   Carclen Saled with herd builed chicken Sale and the stale with therd builed deggs   Carclen Sale with herd builed chicken suite cheeped egg   Carclen Sale with herd builed chicken and cheeped egg   Carclen Sale with herd builed chicken and cheeped egg   Carclen Sale with herd builed chicken and cheeped egg   Carclen Sale with herd builed chicken breast cheeped egg   Carclen Sale with herd builed chicken breast cheepe and herd chicken topped egg   Carclen Sale builed deggs   Carclen Sale Sale Sale Sale Sale Sale Sale Sale						-		
Cheese   coasted but And Golden Baked Potato Wedges   meited neeses, all over parts Squash Medey   Roasted Vegetables   tomatoes and jalpent, pepers Baked Beans     With our parts baked to perfection   Chicken Wings baked to perfection   English Cheddar Burger gilled burger topped with cheddar cheese, subled orions, lettuce and tomatoes on a bun   Bed Hot Dog on Bun bun   BBO Rib Sandwich BBO Rib Sandwich Boled Eggs & Dimer Rulis Boled Eggs & Dimer Rulis Bole Eggs & Dimer Rulis Rulis mely cortex Bole Eggs & Dimer Rulis Bole Eggs & Dimer R	World Market +	· ·						
And Golden Baked Potato Wedges   pasta Squash Medey   peppors Baked Bears     Image: Stream of the								
Potato Wedges   Squash Medley   Baked Bears     Image: Squash Medley   English Cheddar Burger Breaded chicken Wings baked to perfocion   English Cheddar Burger affled burger topped with cheddar cheese, subfeed orions, lettuce and tomatoes on a bun   Bed Hot Dog on Bun bur   BBQ Rib Sandwich <i>BDQ Rib Sandwich</i> Buffalo Chicken <i>Sandwich</i> Available Daily Hemburgers, Cheeseburgers, Turkey Bargers, Veggie Bargers, Chicken Patties and Spicy Chicken Sandwiches   Sandwich <i>sub cer on a roli</i> . Itopped with <i>bun</i> Ture Sailad Plate graden Salad with Herd Boiled Eggs & Dimer Rolis arden Salad with Herd Boiled Eggs & Dimer Rolis arden Salad with herd <i>stredded cheddar, and chopped egg</i> Ture Salad Plate graden Salad with Herd <i>Salad With Dator</i> , bare <i>Rolis graden Salad with Herd Boiled Eggs &amp; Dimer Rolis arden Salad with herd <i>Salad With Dator</i>, bare <i>Rolis graden Salad With Inter</i>, <i>stredded cheddar, and chopped egg</i>   Salad Plate <i>graden Salad with Herd Boiled Eggs &amp; Dimer Rolis arden Salad With Inter</i>, <i>stredded cheddar, and chopped egg</i>   Salad Flate <i>graden Salad With Inter</i>, <i>stredded fulled Unit Kolili With melty cheese</i>   Soft Tacc fiest-acyle meet with <i>solied eggs</i>     Image: Salad Plate <i>graden Salad Data Cher Salad</i>, Cher Salad, Chicken Caesar Salad, Ogenic Yogurt Partiat   Soft Tacc fiest-acyle meet with <i>solied degrad</i>   Soft Tacc fiest-acyle meet with <i>solied chapsed</i>   Soft Tacc fiest-acyle meet with <i>solie of orgen balad</i>   Soft Tacc fi</i>		Choose			Roasted Vegetables			
Chicken Wings breaded chicken wings belied burger topped with chicken dreeses, subject onions, lettuce and tomates on a bun   Beef Hot Dog on Bun lucy beef hot dog on a soft bun   BBQ Rib Sandwich BBQ nip paty on a bun   Buffelo Chicken Sandwich bis     Available Daily: Humburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Sploy Chicken Sandwich indicate mainteel in his sauce on a roil, topped with bun   Tura Salad Plate garden salad lopped with iterity and buns salad   Garden Salad with Hard Boiled Gags & Dunner Rolls   Garden Salad With Hard Boiled Gags & Dunner Rolls   Garden Salad Vertee and iter burgers   Garden Salad Vertee and iter burgers   Garden Salad With Hard Boiled Gags & Dunner Rolls   Garden Salad With Dunner Rolls   Garden Salad With Dunner Boiled Salad Cream Mark & Dunner Rolls   Garden Salad With Dunner Rolls   Garden Salad With Dunner Rolls   Garden Salad With Mark & Dunner Rolls   Garden Salad Cream Mark & Dunner Rolls								
Decaded chicken wings baked to perfection   Decaded chicken wings childed cheeses, studied onions, lettuce and tomatoes on a bun   Dire beer hot dog on a sot bun   BBO rib patty on a bun   Sandwich chicken marinated in h sauce on a roll, topped wit bun     Available Daily, Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches   Sandwich     Available Daily, Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches   Garden Salad time Hund Boiled Size   Garden Salad time Hund Boiled Eggs & Dinner fresh garden salad topped with bacon, baked chicken, shrede checkar, and chopped egg   Tura Salad Plate garden salad time Hund Boiled Eggs & Dinner fresh garden salad topped with bacon, baked chicken, shrede checkar, and chopped egg   Carden Salad time Hund Boiled Eggs & Dinner fresh salad with tomato, cucumber, carrot, and hard boiled eggs   Griled Chicken Salad chopped egg   Graden Salad time Hund Cheese Quescalille fresh signed checkar, and chopped egg   Nachos with Cheese and checkar   Soft Taco Boiled Eggs & Dinner fresh sighe beet, cucumber, tomato, lettuce, and checkar   Soft Taco Soft Taco Soft Taco Plate Salad   Nachos with Cheese and checkar   Soft Taco Boiled Eggs Soft Taco Soft Taco Soft Taco Soft Taco Soft Taco Plate Salad   Soft Taco Boiled Eggs Soft Taco Soft Taco Soft Soft Taco So			1 Otato Wedges	Oquasit Medicy		Dakeu Dealis		
Decaded chicken wings baked to perfection   Decaded chicken wings childed cheeses, studied onions, lettuce and tomatoes on a bun   Dire beer hot dog on a sot bun   BBO rib patty on a bun   Sandwich chicken marinated in h sauce on a roll, topped wit bun     Available Daily, Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches   Sandwich     Available Daily, Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches   Garden Salad time Hund Boiled Size   Garden Salad time Hund Boiled Eggs & Dinner fresh garden salad topped with bacon, baked chicken, shrede checkar, and chopped egg   Tura Salad Plate garden salad time Hund Boiled Eggs & Dinner fresh garden salad topped with bacon, baked chicken, shrede checkar, and chopped egg   Carden Salad time Hund Boiled Eggs & Dinner fresh salad with tomato, cucumber, carrot, and hard boiled eggs   Griled Chicken Salad chopped egg   Graden Salad time Hund Cheese Quescalille fresh signed checkar, and chopped egg   Nachos with Cheese and checkar   Soft Taco Boiled Eggs & Dinner fresh sighe beet, cucumber, tomato, lettuce, and checkar   Soft Taco Soft Taco Soft Taco Plate Salad   Nachos with Cheese and checkar   Soft Taco Boiled Eggs Soft Taco Soft Taco Soft Taco Soft Taco Soft Taco Plate Salad   Soft Taco Boiled Eggs Soft Taco Soft Taco Soft Soft Taco So		Chicken Winas	English Cheddar Burger	Beef Hot Dog on Bun	BBQ Rib Sandwich	Buffalo Chicken		
Description   baked to perfection   cheddar cheese; soutided onions, lettuce and tomatoes on a bun   bun   chicken marinated in his suce on a roll, topped with istue and bonab     Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches   Garden Salad Entree fresh garden salad topped with ist helduce topped with shredded chectlar, and chopped egg   Tura Salad Plate fresh ielluce topped with resh ielluce topped with shredded chectlar, and chopped egg   Garden Salad with Hard Dieled Eggs & Dirner Rolls garden salad with tomato, cucumber, corror, and hard boiled eggs   Grilled Chicken Salac with Dinner Rolls garden salad with tomato, cucumber, corror, and hard boiled eggs   Grilled Chicken Salac with Dinner Rolls garden salad with tomato, cucumber, corror, and hard boiled eggs   Grilled Chicken Salac with Dinner Rolls garden salad with tomato, cucumber, corror, and hard boiled eggs     Fiesta Taco Salad a curuchy torills bowl filed with fiesta style beef, cucumber, tomato, lettuce, and cheddar   Cheese Quesadilla fresh ygriled flour torilla fiesta style meat with sour cheese, and lettuce wapped in a tortilia   Nachos with Cheese Creamy cheese layered over a bed of nachos   Gardaros Salad Side of nachos     Potato Salad Grape Tomatoces Fresh Apple Strawborries Meion Cup Princappie Fresh Apple Strawborries Meion Cup Princappie Fresh Apple Strawborries Meion Cup Princappie Strawborries Fresh Apple Strawborries Fresh Apple Strawborries Fresh Apple Strawborries Fresh Apple Strawborries Meion Cup Princappie Fresh Apple Strawborries Fresh Apple Strawbo					BBQ rib patty on a bun			
winnessen onions, lettuce and tomatoes on a bun succe on a roll, topped will lettuce and tomato   Available Daily: Hemburgers, Cheeseburgers, Turkey Burgers, Veggle Burgers, Chicken Patties and Spot Chicken Sandwiches   Available Daily: Hemburgers, Cheeseburgers, Turkey Burgers, Veggle Burgers, Chicken Patties and Spot Chicken Sandwiches   Image: Source of the status topped with facts garden salad boyed with meat Carden Salad Pitte fesh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg Tuna Salad Pitte garden salad with hando, cucumber, carnot, and hard boiled eggs S Source on a roll, topped with garden salad with homato, cucumber, carnot, and hard boiled eggs Source on a roll, topped with set on the salad Pitter garden salad with homato, cucumber, carnot, and hard boiled eggs Source on a roll, topped with set on the salad Pitter garden salad with homato, cucumber, carnot, and hard boiled eggs Source on a roll, topped with set on the salad Pitter garden salad with homato, cucumber, carnot, and hard boiled eggs Source on a boil of nachos   Vestion Carlow, tomato, lettuce, and cheddar Cheese Quesadilla fresh y griled flour torlilia with mely cheese Burnito fresh system with source cheese, and lettuce wrapped in a torlilia Nachos with Cheese creamy cheese layered over a bed of nachos Source the wegtable topping   Vestion Carlow, tomato, lettuce, and cheddar Tomato Salad Side Salad Grape Tomatos Tomato Salad Side Salad Grape Tomatos Fresh Bay Carnots Solad Grape Tomatos Bean and Vegetable Salad Spinach Salad Grape Tomatos Salad Side Sala				· · ·		chicken marinated in ho		
Image: Strategy of the solution of the		,				sauce on a roll, topped w		
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 fresh y made tuna salad   Garden Salad with Hard Bolled Eggs & Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken, Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard with fosta style boef, cucumber, tomato, lettuce, and cheddar   Grilled Chicken Salad fresh grilled flour tortill with melty cheese   Machos with Cheese creamy cheese layered over a bed of nachos   Soft Taco fiesta-style meat with sour cheese, and lettuce wapped in a tortilla   Nachos with Cheese creamy cheese layered over a bed of nachos   Soft Taco fiesta-style meat with melted cheese arranged a soft taco shell     With Fosta style boef, cucumber, tomato, lettuce, and cheddar   Tomato Salad Side Salad   Tomato Salad Side Salad   Fresh Baby Carrots Green Pepper Strips Tresh Apple Strawberries Presh Brozocii Garbarazo Beans Red Pepper Strips Melon Cup Pineapple   Fresh Paple Strawberries Presh Apple Strawberries Presh Apple Strawberries Presh Paple   Bean and Vegetable and bean salad. Contains carots, peppers, torians, carots, peppers, torians, carots, pr	GRILL		tomatoes on a bun			lettuce and tomato		
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 fresh y made tuna salad   Garden Salad with Hard Bolled Eggs & Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken, Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard boiled eggs   Grilled Chicken Salad with Dinner Rolls garden salad with tomato, cucumber, carot, and hard with fosta style boef, cucumber, tomato, lettuce, and cheddar   Grilled Chicken Salad fresh grilled flour tortill with melty cheese   Machos with Cheese creamy cheese layered over a bed of nachos   Soft Taco fiesta-style meat with sour cheese, and lettuce wapped in a tortilla   Nachos with Cheese creamy cheese layered over a bed of nachos   Soft Taco fiesta-style meat with melted cheese arranged a soft taco shell     With Fosta style boef, cucumber, tomato, lettuce, and cheddar   Tomato Salad Side Salad   Tomato Salad Side Salad   Fresh Baby Carrots Green Pepper Strips Tresh Apple Strawberries Presh Brozocii Garbarazo Beans Red Pepper Strips Melon Cup Pineapple   Fresh Paple Strawberries Presh Apple Strawberries Presh Apple Strawberries Presh Paple   Bean and Vegetable and bean salad. Contains carots, peppers, torians, carots, peppers, torians, carots, pr								
fresh garden salad topped with meat fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg garden salad topped with fresh'y made tuna salad Boiled Eggs & Dinner Rolls garden salad topped with bacon, baked chicken, shredded cheddar, and chopped egg with Dinner Rolls gilled chicken breast, boiled eggs      • Mathematication of the salad boiled eggs    • Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait    • With Dinner Rolls gilled chicken breast, boiled eggs      • With fields a style boef, cucumber, tormato, lettuce, and cheddar    Cheese Quesadilla fresh'g grilled flour tortilla with fields a style boef, cucumber, tormato, lettuce, and cheddar    • Denese Quesadilla fresh'g grilled flour tortilla with melly cheese    Nachos with Cheese orearny cheese layered over a bed of nachos    Soft Taco fiesta style meat with melled cheese arranged a soft taco shell      • Watable Daily Netto Chips, Crippyerd Sti Tacos, Rew with your choice floet, Chicken, Vegetables, Refriet Berns, Cheese Sucs, Strudded Checker and Preix Vegetable Toppings      • Watable Daily Netto Chips, Crippyerd Sti Tacos, Rew with your choice floet, Chicken, Vegetables, Refriet Berns, Cheese Sucs, Strudded Checker and Preix Vegetable Toppings      • Watable Daily Netto Chips, Crippyerd Sti Tacos, Rew with your choice floet, Chicken, Vegetables, Refriet Berns, Cheese Sucs, Strudded Checker and Preix Vegetable Toppings      • Watable Daily Netto Chips, Crippyerd Sti Tacos, Rew With your choice floet, Chicken, Vegetable, Refriet Berns, Cheese Sucs, Str		Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches						
with meat bacon, baked chicken, shredded cheddar, and chopped egg freshly made tuna salad Rolls garden salad with tomato, cucumber, carnot, and hard boiled eggs grilled chicken breast, lettue, julienned carnot sliced tomatosa and cucumbers   Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfat Image: Sol trace reamy chease layered over a bed of nachos Sol trace festa style beef, cucumber, tomato, lettuce, and cheddar Cheese Quesadilla freshly gilled thour torilla Burnto fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a torilla Nachos with Cheese layered over a bed of nachos Sol trace festa-style meat with melted cheese arranged a soft tace shell   Available Daily: Network Ches. Cheyand Soft Tacos, Rice with your droice of Bed, Chiden, Vagetables, Refined Bars, Chese Saus, Bireddel Checker and Fresh Vagetable Toppings   Available Daily: Network Ches. Cheyand Soft Tacos, Rice with your droice of Bed, Chiden, Vagetables, Refined Bars, Chese Saus, Bireddel Checker and Fresh Vagetable Toppings   Available Daily: Network Ches. Cheyand Soft Tacos, Rice with your droice of Bed, Chiden, Vagetables, Refined Bars, Chese Saus, Bireddel Checker and Fresh Vagetable Toppings   Potato Salad Grape Tomato casal Grape Tomato casal Fresh Apple Strawberries Melon Cup Princeapple Tomato Salad Side Salad Grape Tomatoge Fresh Apple Melon Cup Princeapple Fresh Barby Carrots Barbanzo Beans Red Pepper Strips Fresh Orange Fresh Danana Bean and Vegetable Salad Side of vegetable and bean salad. Contains Carrots, poppers, onions, celeny, and beans, Mesclun Spring Mix Strawberries Fresh Drange		Garden Salad Entree	Cobb Salad	Tuna Salad Plate	Garden Salad with Hard	Grilled Chicken Salad		
stredded cheddar, and chopped egg garden selad with tomato. cucumber, carrot, and hard boiled eggs lettuce, julienned carrot. sliced tomatoes and cucumber, carrot, and hard boiled eggs   Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfat Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfat Soft Taco   Image: Comparison of the part	CRESA	fresh garden salad topped	fresh lettuce topped with		Boiled Eggs & Dinner			
Image: Construction of the second state of the second s	FRAIT SANDWICHES	with meat		freshly made tuna salad		0		
Image: Statute of the state of the stat	EXPRESS MADE FRESH		shredded cheddar, and		0	-		
Available Daily: Carden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfatt   Fiesta Taco Salad   a crunchy tortilla bowl filled thests style operitor fiesta style meat with sour Nachos with Cheese Soft Taco   with fiests style beef, crumber, tomato, lettuce, and cheddar fiesta style meat with sour Nachos with Cheese fiesta-style meat with   with melty cheese and cheddar fiesta style meat with melty cheese fiesta style meat with sour over a bed of nachos fiesta-style meat with   with melty cheese and cheddar fiesta style meat with melty cheese mark total fiesta style meat with sour over a bed of nachos fiesta-style meat with   with melty cheese and cheddar fiesta style meat with melty cheese mark total fiesta style meat with sour over a bed of nachos fiesta-style meat with   with melty cheese and cheddar fiesta style meat with cheese fiesta style meat with sour over a bed of nachos fiesta-style meat with   with sold addar fiesta style meat with cheese fiesta style meat with sour fiesta style meat with sour fiesta style meat with sour   Meltion Cheese Cheese And Pate   Spinach Salad fiesta h	84.WS		chopped egg			sliced tomatoes and		
Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, curmber, tomato, lettuce, and cheddar Cheese Quesadilla freshly grilled flour tortilla with melty cheese Burrito fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla Nachos with Cheese creamy cheese layered over a bed of nachos Soft Taco fiesta-style meat with melted cheese arranged a soft taco shell   Autiate Daty Nacho Chips, Cripsyand Sett Taxos, Rice with your choice of Beef, Chicken, Vegetables, Refried Bears, Cheese Saue, Streaded Checkar and Fresh Vegetable Toppings   Potato Salad Spinach Salad Grape Tormatoes Fresh Apple Strawberries Melon Cup Pineapple Tormato Salad Side Salad Side Salad Bachanzo Beans Red Pepper Strips Fresh Apple Strawberries Melon Cup Pineapple Fresh Apple Fresh Apple Fresh Apple Strawberries Fresh Apple Strawberries Fresh Protex Bean and Vegetable Salad Side of vegetable and bean salad. Contains carrots, peppers, onions, calery, and beans. Mesclun Spring Mix Grace Tormatoes Garden Salad Fresh Apple Strawberries Fresh Change   Strawberries Melon Cup Pineapple Pineapple Fresh Pruits and Vegetables and Choice of Milk Bean and Choice, fresh fruit choice & bread choice At least two types of milk available daily: two two fat unflaword, fat free unflaword At least two types of milk available daily: two two fat unflaword, fat free unflaword tat use two types of milk available daily: two two fat unflaword, fat free unflaword tat ica two types of milk available daily: two two fat unflaword, fat fr					boiled eggs	cucumbers		
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a crunchy tortilla bowl filled with fiesta style beef, cumber, tomato, lettuce, and cheddar freshly grilled flour tortilla with melty cheese fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla creamy cheese layered over a bed of nachos fiesta-style meat with melted cheese arranged a soft taco shell   Available Daily Nacho Chips, Cripsyand Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Bears, Cheese Sauce, Stredded Checkar and Presh Vegetable Toppings Streaded Checkar and Presh Vegetable Toppings   Potato Salad Spinach Salad Grape Tomatoes Fresh Broccoli Strawberries Melon Cup Pineapple Tomato Salad Side Salad Garbanzo Beans Red Pepper Strips Fresh Apple Strawberries Melon Cup Pineapple Tomato Salad Side Salad Garbanzo Beans Red Pepper Strips Fresh Apple Strawberries Fresh Red Grapes Bean and Vegetable Salad Side of vegetable and bean salad. Contains carrots, peppers, onions, carrots, perpers, onions			1	1	, , ,	Soft Taco		
with fiests style beef, curumber, tornato, lettuce, and cheddar with melty cheese cream, beans, rice, cheese, and lettuce wapped in a tortilla over a bed of nachos melted cheese arranged a soft taco shell   Available Daily Nacho Chips, Cripsyand Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beens, Cheese Sauce, Streeded Checklar and Freeh Vegetable Toppings Melted Cheese anranged a soft taco shell   Available Daily Nacho Chips, Cripsyand Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beens, Cheese Sauce, Streeded Checklar and Freeh Vegetable Toppings Garden Salad   Potato Salad Grape Tomatoes Fresh Apple Strawberries Melon Cup Pineapple Tomato Salad Side Salad Garbanzo Beans Red Pepper Strips Fresh Apple Strawberries Fresh Apple Strawberries Melon Cup Pineapple Fresh Baby Carrots Garbanzo Beans Red Pepper Strips Fresh Apple Strawberries Fresh Presh Banana Bean and Vegetable Salad Side of vegetable and bean salad. Contains carots, peppers, onions, celery, and beans. Mesclun Spring Mix Grape Tomatoes Fresh Banana Strawberries Site Apple Strawberries Fresh Banana Site Apple Strawberries Fresh Banana Site Apple Strawberries Fresh Protect Check fresh fruit choice & bread choid At Least two types of milk available daily: 'Wo low fat unflavored, fat free flavored, fat free unflavored Autioble doing wide and back arotic two four fut datage are in the dailable daily: 'Wo low fat unflavored, fat free flavored, fat free unflavored Autioble doing wide arotic apple arotic doing available daily: 'Wo low fat unflavored, fat free flavored, fat free unflavored Autioble doing wide arotic factore doing available daily: 'Wo low fat unflavored, fat free flavored, fat free unflavor								
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and cheddar wrapped in a tortilla   Arailable Daily Nacho Chips, Cripsyand Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings   Potato Salad Spinach Salad Grape Tomatoes Fresh Broccoli Fresh Apple Strawberries Melon Cup Pineapple Tomato Salad Side Salad Garbanzo Beans Red Pepper Strips Fresh Apple Melon Cup Pineapple Fresh Baby Carrots Garbanzo Beans Red Pepper Strips Fresh Apple Melon Cup Pineapple Bean and Vegetable Salad Side of vegetable and bean salad. Contains carrots, peppers, onions, celery, and beans. Mesclun Spring Mix Grape Tomatoes Garden Salad Fresh Broccoli Garbanzo Beans Mesclun Spring Mix Fresh Apple Strawberries Fresh Red Grapes Bean and Vegetable Salad Side of vegetable and bean salad. Contains carrots, peppers, onions, celery, and beans. Mesclun Spring Mix Grape Tomatoes Garden Salad Fresh Branzo Beans Red Pepper Strips Fresh Apple Strawberries   Melon Cup Pineapple Pineapple Fresh Red Grapes Fresh Orange Fresh Banana Mesclun Spring Mix Grape Tomatoes Mesclun Spring Mix Grape Tomatoes Strawberries   Melon Cup Pineapple Fresh Red Grapes Fresh Pruits and Vegetables and Choice of Milk Meal price includes: protein choice, fresh regit choice, fresh fruit choice & bread choice At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored At least two types of milk available daily: 1%	Grill	cucumber, tomato, lettuce,	2	cheese, and lettuce		a soft taco shell		
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in food & family At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavore		UVDAA				6 Gruit alsoins & lowed door		
Available daily with saled hundry water a basic whole again item fruit choice will choice whole again item fruit choice & will choice	HITSONS'	LI hufod	a family At least t					
a menus are nearny, nutritious and navornul, made from wholesome ingredients. At	ur menus are healthy nutritious ar		ganay					

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

12/11/2017 - 12/15/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Tuna Salad Wrap*		Grilled Veggie Wrap	Classic Harvest Wrap	Honey Mustard Chicker
	fresh chunky tuna salad	Professional	grilled vegetables and	ham, mozzarella cheese,	Wrap
Wrang 7 Co	with field greens and		cheese served on a wrap	tossed greens and	crispy breaded chicken
Wraps 2 Go	tomatoes served in a wrap	Development		tomatoes wrapped in a	strips, lettuce, tomato an
		Early Dismissal		wrap	honey mustard dressing
and Fresh Wraps to		Earry Distriissar			a wrap
	Boar's Head T Stuffed Bread Sticks	urkey, Ham, or Buffalo Ch	Meatball Pizza	ce & Tomato on a Whole V	Wheat Wrap Buffalo Chicken Pizza
	baked bread sticks filled		cheese pizza topped with	Chicken & Spinach Calzone	Pops
LaCucina	with melted cheese		sliced meatball	garlic toasted pizza crust	crispy pizza dough stuffe
cucina	warmened cheese		Sheed means an	filled with chicken, spinach,	with cheddar cheese,
TTALIAN BISTRO				ricotta and melted cheeses	buffalo chicken and rand
					dressing
	Available Dai	y: Cheese Pizza, Pepperoni I	Pizza and Vegetable Pizza all	featuring whole grain rich pi	izza dough
	Popcorn Chicken		Pancakes & Sausage	Buffalo Chicken and	Cheese Ravioli with
	breaded chicken bites		light and fluffy pancakes	Cheese Quesadilla	Meat Sauce
	baked to perfection		served with a sausage	fiesta style chicken and	cheesy ravioli topped wit
World Market )+	Roasted Lemon		patty	cheddar cheese inside a	meat sauce and served
	Parmesan Broccoli		Tator Tots	grilled folded tortilla spread	with a roll 👧
+				with hot sauce	Garlic Bread
				Fresh Cucumber Salad	Lemon Marinated Carro
	Egg and Cheese		Pizza Burger	Cordon Bleu Griller	French Patty Melt
	Sandwich		burger topped with pizza	chicken tender sandwich	grilled burger topped wit
Content of the second seco	breakfast sandwich topped		sauce, mozzarella cheese	topped with ham, Swiss	onions with lettuce and
	with egg and cheese		and romaine lettuce on a	cheese, and mustard,	tomatoes
GRILL			bun	grilled to perfection	
		rgers, Cheeseburgers, Turk		, Chicken Patties and Spicy C	
	House Chop Salad with		Crudite & Cheese Plattter	Buffalo Chicken Salad	Mexican Salad
KRESH.	Ham & Dinner Rolls		cucumber, carrots, pepper	with Dinner Rolls	Salad with beans, corn,
FRAM SANDWICHES	ham, tomatoes, and red		slices and tomatoes,	spicy chicken on a bed of	sour cream, and salsa
EXPRESS DAILY	peppers on a bed of lettuce		served with a buttermilk	romaine lettuce with	
WJ-W					
	served with Italian dressing		ranch dressing for dipping,	cucumbers, carrots and	
3.11	served with hanan dressing		ranch dressing for dipping, and mozzarella cheese	cucumbers, carrots and tomatoes	
	Ĵ	vailable Dailv: Garden Salad (	and mozzarella cheese	tomatoes	
43.11	Ĵ	vailable Daily: Garden Salad, (	and mozzarella cheese	tomatoes	Soft Taco
43.0	A	vailable Daily: Garden Salad, (	and mozzarella cheese	tomatoes Salad, Organic Yogurt Parfait	Soft Taco fiesta-style meat with
Covote	Fiesta Taco Salad	vailable Daily: Garden Salad, (	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese	fiesta-style meat with
Coyote	Fiesta Taco Salad a crunchy tortilla bowl filled	vailable Daily: Garden Salad, (	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice,	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered	fiesta-style meat with
Coyote	Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef,	vailable Daily: Garden Salad, (	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito,	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered	fiesta-style meat with melted cheese arranged
Coyote Grill	Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce,	vailable Daily: Garden Salad, (	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered	fiesta-style meat with melted cheese arranged
Coyote	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos	fiesta-style meat with melted cheese arranged a soft taco shell
Coyote	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos	fiesta-style meat with melted cheese arranged a soft taco shell
Coyote	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily, Nacho Chips, (		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings
South a given causes	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily: Nacho Chips, 0 Potato Salad Side Salad		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce
Coyote Grill Survey	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily Nacho Chips, ( Potato Salad Side Salad Fresh Baby Carrots		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad
Healthy	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily Nacho Chips, 0 Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar
Healthy	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily Nacho Chips, 0 Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices Fresh Apple		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery Fresh Apple	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side
Healthy	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily Nacho Chips, 0 Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices		and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream eof Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple Mediterranean Watermelon Side Salad	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side Fresh Baby Carrots
Healthy	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily Nacho Chips, O Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices Fresh Apple Fresh Orange	ripsyand Soft Tacos, Rice with your choic	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream eof Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple Mediterranean Watermelon Side Salad Pineapple Fresh Banana	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery Fresh Apple Melon Cup Strawberries Fresh Red Grapes	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side
Healthy	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily Nacho Chips, o Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices Fresh Apple Fresh Orange Strawberries Fresh Red Grapes	Pripsyand Soft Tacos, Rice with your choice Fresh Fruits	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple Mediterranean Watermelon Side Salad Pineapple Fresh Banana and Vegetables and Choir Meal price includes: protein	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery Fresh Apple Melon Cup Strawberries Fresh Red Grapes ce of Milk choice, fresh veggie choice, fres	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side Fresh Baby Carrots Garbanzo Beans Fresh Apple
Healthy Harvest	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily. Nacho Chips, O Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices Fresh Apple Fresh Orange Strawberries Fresh Red Grapes	Fresh Fruits	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream eof Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple Mediterranean Watermelon Side Salad Pineapple Fresh Banana s and Vegetables and Choir Meal price includes: protein vo types of milk available daily	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery Fresh Apple Melon Cup Strawberries Fresh Red Grapes ce of Milk choice, fresh veggie choice, fres : 1% low fat unflavored, fat free	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side Fresh Baby Carrots Garbanzo Beans Fresh Apple
Healthy Harvest Hitsons SING Hitsons SING aurmenus are healthy, nutritious ar	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily Nacho Chips, ( Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices Fresh Apple Fresh Apple Fresh Orange Strawberries Fresh Red Grapes INTERPORT	Tripsyand Soft Tacos, Rice with your choice Fresh Fruits Fresh Fruits At least to redients. At	and mozzarella cheese and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream e of Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple Mediterranean Watermelon Side Salad Pineapple Fresh Banana s and Vegetables and Choir Meal price includes: protein vo types of milk available daily vailable daily with salad lunch	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery Fresh Apple Melon Cup Strawberries Fresh Red Grapes ce of Milk choice, fresh veggie choice, fres : 1% low fat unflavored, fat free : protein choice, whole grain ite	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side Fresh Baby Carrots Garbanzo Beans Fresh Abole
Healthy Harvest Hitsons SINI ar menus are healthy, nutritious ar hitsons, we have very high ingredie	A Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar Available Daily. Nacho Chips, O Potato Salad Side Salad Fresh Baby Carrots Green Pepper Slices Fresh Apple Fresh Orange Strawberries Fresh Red Grapes	Tripsyand Soft Tacos, Rice with your choic Fresh Fruits Fresh Fruits At least to At least	and mozzarella cheese Chef Salad, Chicken Caesar S Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream eof Beef, Chicken, Vegetables, Refried Bee Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple Mediterranean Watermelon Side Salad Pineapple Fresh Banana s and Vegetables and Choire Meal price includes: protein wo types of milk available daily vailable daily with salad lunch anning raw or under cooked meat, ponting edical conditions. Menu is subject to chan	tomatoes Salad, Organic Yogurt Parfait Nachos with Cheese creamy cheese layered over a bed of nachos ans, Cheese Sauce, Shredded Cheddar and Grape Tomatoes Garden Salad Black Beans Celery Fresh Apple Melon Cup Strawberries Fresh Red Grapes ce of Milk choice, fresh veggie choice, fres : 1% low fat unflavored, fat free	fiesta-style meat with melted cheese arranged a soft taco shell Fresh Vegetable Toppings Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side Fresh Baby Carrots Garbanzo Beans Fresh Apple

# Welcome to our Lunch Cafe

12/18/2017 - 12/22/2017

	Monday	Tuesday	Wednesday	Thursday	Friday		
Wraps 2 Go	Chicken Caesar Wrap Caesar salad with crispy chicken in a wrap	Egg Salad Wrap freshly made egg salad with lettuce and tomato in a wrap	Turkey BLT Wrap sliced turkey, bacon, lettuce, and tomato on a wrap	Chicken Salad Wrap chicken salad in a wrap	HOLIDAY		
	Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap						
Lacucina Italian Bistro	Pepper & Onion Pizza fresh pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions	Buffalo Chicken Stromboli zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough	Santa Margarita Pizza whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce	Sausage & Mushroom	Early Dismissa		
	Available Dai	ly: Cheese Pizza, Pepperoni I	Pizza and Vegetable Pizza all	featuring whole grain rich pi	zza dough		
World Market	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken and garnished with parsely Steamed Broccoli	Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Roasted Potatoes	Tangerine Dream Chicken Rice Bowl Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers Garden Salad	Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta & Garlic Bread Sauteed Kale			
ERUBYS WHEE BURGES	Chicken Club Sandwich sandwich with grilled chicken, crispy bacon strips, lettuce and tomato	Toasty Garlic Mozzarella Sandwich with Tomato toasted garlic bread sandwich stuffed with mozzarella and tomato	Balsamic Glazed Vegetable Sandwich grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll	Boston's Favorite Panini turkey breast, ham and Swiss with lettuce and tomato grilled to perfection			
	Available Daily: Hambu	rgers, Cheeseburgers, Turk	ey Burgers, Veggie Burgers,	Chicken Patties and Spicy C	hicken Sandwiches		
EXPRESS DAIly	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			
	A	vailable Daily: Garden Salad, (	Chef Salad, Chicken Caesar S	Salad, Organic Yogurt Parfait			
Coyote Grill Souther greaters and a first of the first of	Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar	Ranch & Chicken Quesadilla fiesta chicken, mozzarella and ranch dressing melted into a tortilla	Burrito fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla	Nachos with Cheese creamy cheese layered over a bed of nachos			
	Available Daily: Nacho Chips,	Cripsyand Soft Tacos, Rice with your choice	e of Beef, Chicken, Vegetables, Refried Bea	ans, Cheese Sauce, Shredded Cheddar and	Fresh Vegetable Toppings		
Healthy Harvest	Corn & Vegetable Salad Green Pepper Slices Fresh Baby Carrots Fresh Broccoli Fresh Orange Melon Cup Fresh Red Grapes Pineapple	Tomato Salad Side Salad Fresh Broccoli Garbanzo Beans Fresh Apple Strawberries Fresh Orange Fresh Banana Fresh Banana	Fresh Baby Carrots Fresh Cucumber Salad Red Pepper Strips Mesclun Spring Mix Strawberries Fresh Orange Pineapple Tidbits Fresh Red Grapes	Garden Salad Garbanzo Beans Cucumber Coins Red Pepper Strips Fresh Orange Melon Cup Fresh Banana Fresh Peach			
Whitsons, we have very high ingredie	LY Rood in food of d flavorful, made from wholesome ingr nt standards and strict procedures in p llergen free foods. Visit www.Whitsons.o	C family edients. At place to make	Meal price includes: protein vo types of milk available daily vailable daily with salad lunch	choice, fresh veggie choice, fres : 1% low fat unflavored, fat free : protein choice, whole grain ite : seafood, shellfish or eggs may increase yo	flavored, fat free unflavored. m, fruit choice & milk choice w risk of food borne illness, especially if		

sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.co that we are doing at your school to keep our young customers healthy!

## Welcome to our Lunch Cafe

12/25/2017 - 12/29/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
		Mint	or D	roak	
		VVIII	е в	reak	
TSONS' SIMP	LY ROO			choice, fresh veggie choice, fresh fi	and the state

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!