

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Want to work while your kids are in school? We have some exciting job opportunities for you in our school cafeterias! Contact us for more information at 255-8370 or go to whitsons.com to apply online!</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap</p>	<p>Buffalo Chicken Wrap buffalo chicken with lettuce and tomatoes wrapped inside a whole wheat tortilla</p>	<p>Vegetarian Wrap mozzarella cheese, cucumbers, tomatoes, olives, red onions on a tortilla wrap spread with hummus</p>	<p>Turkey BLT Wrap whole grain wrap, turkey bacon, lettuce and tomatoes</p>
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
		<p>Margherita Pizza whole wheat pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil</p>	<p>Buffalo Chicken Pizza Pops crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing</p>	<p>Pizza Bagel fresh whole wheat bagel topped with marinara sauce and mozzarella cheese</p>	<p>Meatball Pizza Slice chicken and beef meatballs over a cheesy slice of pizza</p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
		<p>Meatball Hero beef and chicken meatballs with tomato sauce on a whole wheat club roll Carrots</p>	<p>French Toast Sticks crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup Pork Sausage Patty Baked Sweet Potato Fries</p>	<p>Cheesy Stuffed Breadsticks with Marinara Sauce cheesy stuffed breadstick dunkers with marinara sauce</p>	<p>BBQ Chicken tender chicken marinated in bbq sauce Brown Rice Steamed Broccoli</p>
		<p>Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments</p>	<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</p>	<p>Buffalo Chicken Sandwich spicy chicken patty with lettuce and tomatoes on a club roll</p>	<p>Beef Sliders mini beef patties on mini hamburger buns</p>
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll</p>					
		<p>Cobb Salad with Dinner Roll tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</p>	<p>Garden Salad with Cheese & Dinner Rolls mixed greens with tomatoes, cucumbers, carrot sticks, radishes, and shredded cheddar</p>	<p>Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll</p>	<p>Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</p>
<p>AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & LowFat Dressing NOW AVAILABLE DAILY: Organic Hummus w/ an Organic Soft-baked Whole Wheat Pretzel!!</p>					
		<p>Cheddar Quesadilla melted cheddar cheese inside a grilled folded tortilla with pico de gallo</p>	<p>Chicken Burrito fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</p>	<p>Chicken Soft Taco soft tortilla filled with mexi chicken, lettuce, cheddar and pico de gallo</p>	<p>Fiesta Taco Salad fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl</p>
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
		<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple Fresh Orange</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Bartlett Pear</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Fresh Pear</p>

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MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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	<p>Bacon Cheeseburger Wrap a traditional bacon cheeseburger inside a whole wheat tortilla</p>	<p>Egg Salad Wrap freshly made egg salad with lettuce and tomato in a whole wheat wrap </p>	<p>Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</p>	<p>Black Bean & Hummus Wrap homemade hummus, black beans and scallions on a whole wheat Wrap </p>	<p>South of the Border Wrap crispy chicken tenders, cheddar cheese and Mexi rice on a whole wheat wrap</p>
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Beef & Cheese Stromboli garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce</p>	<p>Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella </p>	<p>Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</p>	<p>Pizza Bites cheese and tomato sauce baked in a crispy whole grain pocket</p>	<p>Bacon Pizza whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon </p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the slice</p>					
	<p>Sweet & Sour Chicken Bites popcorn chicken smothered in sweet and sour sauce Corn</p>	<p>Chicken & Vegetable Dumplings a flavorful combination of chicken and veggies tucked into a soft dumpling shell Japanese Vegetable Stir Fry</p>	<p>Homemade Baked Ziti ziti baked in marinara sauce with melted mozzarella, ricotta and parmesan cheeses </p>	<p>The Works Hot Dog hot dog on a whole wheat bun with mustard, sauerkraut, jalapenos, onions and relish Vegetarian Baked Beans</p>	<p>Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun Spinach & Tomato Salad</p>
	<p>Chicken Parm Sandwich lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain bun</p>	<p>Grilled Cheese Sandwich grilled American cheese on whole wheat </p>	<p>Fish Sandwich fish fillet on a whole wheat bun with lettuce and cheese</p>	<p>Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and ooey mozzarella dipping sauce</p>	<p>English Cheddar Burger grilled beef burger topped with cheddar cheese, sautéed onions, lettuce mix and tomatoes on a whole</p>
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll</p>					
	<p>Turkey Garden Salad with Dinner Rolls turkey breast over mixed greens with lettuce, tomatoes, cucumbers, and carrots</p>	<p>Cobb Salad with Dinner Roll tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</p>	<p>Garden Salad with Cheese & Dinner Rolls mixed greens with tomatoes, cucumbers, carrot sticks, radishes, and shredded cheddar</p>	<p>Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll </p>	<p>Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</p>
<p>AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing</p>					
<p>NOW AVAILABLE DAILY: Organic Hummus w/ an Organic Soft-baked Whole Wheat Pretzell!</p>					
	<p>Beef Burrito Bowl brown rice, topped with fiesta style beef, black beans, lettuce, sautéed onions and peppers, pico de gallo and baked tortilla strips</p>	<p>Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla</p>	<p>Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</p>	<p>Nachos & Cheese creamy cheese sauce layered over a bed of nachos </p>	<p>Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</p>
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
	<p>Romaine Salad w/ Tomato Celery Sticks Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple</p>	<p>Celery Sticks Romaine Salad w/ Tomato Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Fresh Apple Fresh Orange</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Apple</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Fresh Apple</p>

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<p>AVAILABLE DAILY: Ham, Turkey, and Buffalo Chicken on a Whole Wheat Wrap</p>					
		<p>Tossed Salad Pizza whole wheat pizza dough topped with tossed greens, tomatoes and balsamic vinaigrette</p>	<p>Cheese Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper</p>	<p>Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers</p>	<p>Chicken Parmesan Calzone garlic toasted pizza crust, stuffed with ricotta cheese, melted mozzarella and diced chicken cutlet</p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
		<p>Philly Cheese Steak Sandwich thinly sliced steak with sauteed peppers and onions and melted mozzarella on a whole wheat kaiser roll Baked Sweet Potato Fries</p>	<p>Mini Cheese Ravioli mini cheesy ravioli topped with tomato sauce Garlic Bread Carrots</p>	<p>Spicy Popcorn Chicken Garbanzo Bean & Spinach Salad</p>	<p>Mac & Cheese whole grain elbow pasta in a creamy cheese sauce Sauteed Kale</p>
		<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</p>	<p>Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments</p>	<p>Bacon Cheeseburger beef burger topped with turkey bacon, low fat American cheese, lettuce and tomato, served on whole wheat</p>	<p>Beef Sliders mini beef patties on mini hamburger buns</p>
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger, and Veggie Burger served on Whole Wheat Roll</p>					
		<p>Cobb Salad with Dinner Roll tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</p>	<p>Garden Salad with Cheese & Dinner Rolls mixed greens with tomatoes, cucumbers, carrot sticks, radishes, and shredded cheddar</p>	<p>Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll</p>	<p>Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</p>
<p>AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad, Served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing NOW AVAILABLE DAILY: Organic Hummus w/ an Organic Soft-baked Whole Wheat Pretzel!!</p>					
		<p>Beef & Cheddar Quesadilla fiesta style beef folded inside a grilled tortilla with cheddar and pico de gallo</p>	<p>Chicken Burrito fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</p>	<p>Loaded Chicken Nachos tortilla chips topped with fiesta chicken and cheese sauce</p>	<p>Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour</p>
<p>AVAILABLE DAILY: Crunchy or Soft Taco and Nacho Chips - Topping Include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce</p>					
		<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Fresh Apple Fresh Orange</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Fresh Orange Banana</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Fresh Orange Fresh Apple</p>	<p>Fresh Orange Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Honeydew Melon Cup Cantaloupe</p>

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	<p>Buffalo Chicken Wrap buffalo chicken with lettuce and tomatoes wrapped inside a whole wheat tortilla</p>	<p>Turkey Club Wrap Boar's Head turkey breast, turkey bacon, chopped romaine lettuce and tomato, wrapped in a whole wheat tortilla</p>	<p>Vegetarian Wrap mozzarella cheese, cucumbers, tomatoes, olives, red onions on a tortilla wrap spread with hummus</p>	<p>Tuna & American Cheese Wrap tuna salad with American cheese, lettuce and tomato on a whole wheat wrap</p>	<p>Egg Salad Wrap freshly made egg salad with lettuce and tomato in a whole wheat wrap</p>
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Broccoli & Cheese Stromboli garlic toasted whole grain pizza crust filled with broccoli and mozzarella</p>	<p>Cheesy Bread Sticks & Marinara Sauce 4 whole wheat bread sticks covered in melted mozzarella cheese with a marinara sauce</p>	<p>Buffalo Chicken Pizza Pops crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing</p>	<p>Pizza Bites cheese and tomato sauce baked in a crispy whole grain pocket</p>	<p>White Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella cheese, baked to perfection</p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Rainbow Grilled Cheese melted american and mozzarella cheeses served in between two slices of grilled whole wheat bread Baked Potato Wedges</p>	<p>Asian Rice Bowl with Chicken and Veggies chicken & vegetable stir fry, served with brown rice</p>	<p>Burger Bar all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun Baked Sweet Potato Fries</p>	<p>Waffles light and crisp whole grain waffles Scrambled Eggs Turkey Bacon Baked Tater Tots</p>	<p>Warm Pretzel with Cheese Sauce warm whole wheat pretzel with cheese sauce Broccoli Florets Organic Pretzel!</p>
	<p>Chicken Parm Sandwich lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain bun</p>	<p>Fish Sandwich fish fillet on a whole wheat bun with lettuce and cheese</p>	<p>Pizza Burger beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</p>	<p>Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and mozzarella dipping sauce</p>	<p>English Cheddar Burger grilled beef burger topped with cheddar cheese, sautéed onions, lettuce mix and tomatoes on a whole wheat bun</p>
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll</p>					
	<p>Turkey Garden Salad with Dinner Rolls turkey breast over mixed greens with lettuce, tomatoes, cucumbers, and carrots</p>	<p>Cobb Salad with Dinner Roll tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</p>	<p>Garden Salad with Cheese & Dinner Rolls mixed greens with tomatoes, cucumbers, carrot sticks, radishes, and shredded cheddar</p>	<p>Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll</p>	<p>Greek Salad with Dinner Roll romaine lettuce with red onions, tomatoes, cucumbers, feta cheese and black olives, served with a whole wheat</p>
<p>AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing</p>					
<p>NOW AVAILABLE DAILY: Organic Hummus w/ an Organic Soft-baked Whole Wheat Pretzel!</p>					
	<p>Chicken Burrito Bowl brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips</p>	<p>Chicken & Ranch Quesadilla fiesta chicken, mozzarella and ranch dressing melted into a whole wheat wrap</p>	<p>Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream</p>	<p>Crispy Chicken Taco fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa</p>	<p>Mexican Salad tossed greens topped with beans, corn, salsa, cheddar cheese, sour cream and crumbled tortilla chips</p>
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
	<p>Celery Sticks Fresh Apple Banana Fresh Orange Romaine Salad w/ Tomato Garbanzo Beans Baby Carrots</p>	<p>Celery Sticks Fresh Orange Romaine Salad w/ Tomato Garbanzo Beans Baby Carrots Sliced Cucumber Banana Applesauce Fresh Cantaloupe Cup</p>	<p>Celery Sticks Romaine Salad w/ Tomato Garbanzo Beans Baby Carrots Sliced Cucumber Grape Tomatoes Banana Applesauce</p>	<p>Celery Sticks Fresh Orange Romaine Salad w/ Tomato Garbanzo Beans Baby Carrots Banana Applesauce Broccoli Florets Fresh Cantaloupe Cup</p>	<p>Celery Sticks Fresh Orange Romaine Salad w/ Tomato Garbanzo Beans Baby Carrots Sliced Cucumber Banana Applesauce Fresh Cantaloupe Cup</p>

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	<p>Chicken Delight Wrap <i>crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</i></p>	<p>All American Chicken Salad Wrap <i>chicken salad, crispy bacon strips and fresh lettuce and tomatoes on a tortilla wrap</i></p>			
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Caramelized Onion & Cheese Calzone <i>garlic toasted whole grain calzone filled with grilled onions, ricotta and melted mozzarella cheese</i></p>	<p>Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i></p>			
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Turkey Bacon, Egg & Cheese on Bagel <i>one large fried egg topped with melted American cheese and turkey bacon, on a white wheat bagel</i></p>	<p>Beef & Chicken Meatballs over Pasta <i>beef and chicken meatballs with tomato sauce over a bed of penne pasta</i></p>			
	<p>Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i></p>	<p>Texas Rib Sandwich <i>boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</i></p>			
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll</p>					
	<p>Turkey Garden Salad with Dinner Rolls <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, and carrots</i></p>	<p>Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</i></p>			
<p>AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & LowFat Dressing NOW AVAILABLE DAILY: Organic Hummus w/ an Organic Soft-baked Whole Wheat Pretzel!!</p>					
	<p>Beef Burrito Bowl <i>brown rice, topped with fiesta style beef, black beans, lettuce, sautéed onions and peppers, pico de gallo and baked tortilla strips</i></p>	<p>Cheddar Quesadilla <i>melted cheddar cheese inside a grilled folded tortilla with pico de gallo</i></p>			
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
	<p>Celery Sticks Romaine Salad w/ Tomato Garbanzo Beans Baby Carrots Sliced Cucumber Grape Tomatoes Banana Applesauce Fresh Cantaloupe Cup</p>	<p>Celery Sticks Fresh Orange Romaine Salad w/ Tomato Garbanzo Beans Sliced Cucumber Grape Tomatoes Banana Applesauce Broccoli Florets</p>			

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