

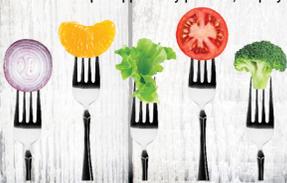
**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

	<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 <a href="http://whitsons.com">whitsons.com</a> to apply online!</p>	<p>Farmer's Market Wrap carrots, cucumbers, onions, peppers, tomatoes and lettuce stuffed in a white whole wheat wrap with</p>	<p>Honey Mustard Chicken Wrap crispy breaded chicken patty, romaine lettuce and honey mustard dressing in a whole wheat wrap</p>	<p>Caesar Chicken Wrap caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Dressing Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>				
		<p>Broccoli &amp; Cheese Stromboli garlic toasted whole grain pizza crust filled with broccoli and mozzarella</p>	<p>Buffalo Chicken Pizza Pops crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing</p>	<p>Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers</p>
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>				
		<p>Asian Rice Bowl with Chicken and Veggies chicken &amp; vegetable stir fry, served with brown rice Orange Glazed Carrots</p>	<p>Sizzling Philly Cheese Steak Sandwich thinly sliced steak and melted mozzarella served on a whole wheat bun Vegetarian Baked Beans</p>	<p>Spicy Popcorn Chicken Sautéed Kale</p>
		<p>Chicken Burrito fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</p>	<p>Pico &amp; Cheese Nachos crispy tortilla chips served with cheese sauce and fresh 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 Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>				
		<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</p>	<p>Chicken Parm Sandwich lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain</p>	<p>Grilled Cheese Sandwich grilled American cheese on whole wheat</p>
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers &amp; Veggie Burgers served on whole wheat Roll * New Item Available Daily: Egg &amp; American Cheese or Turkey Bacon, Egg &amp; American Cheese on a Whole Wheat Bagel *</p>				
		<p>Southwest Chicken Salad a bed of romaine topped with shredded carrots, red peppers, celery, corn, crispy chicken, cheddar, tomato, celer, Chinese noodles &amp; dressing</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 &amp; Chicken Salad, served with twin whole wheat dinner rolls &amp; low fat dressing ***New Item Available Daily*** Organic Hummus &amp; Organic Whole Wheat Pretzels</p>				
		<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</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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**MONDAY**

**TUESDAY**

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**THURSDAY**

**FRIDAY**

	Egg Salad in a Pita* 	BBQ Chicken Wrap <i>diced barbecue chicken with lettuce and tomatoes, wrapped in a whole wheat tortilla</i>	The Red Square Wrap <i>Boar's Head turkey and Swiss cheese in a whole wheat wrap, smothered in thousand island dressing, with lettuce and tomato</i>	Boars Head Turkey BLT Sandwich <i>turkey with lettuce, tomato and bacon on bread</i>	Vegetarian Wrap <i>mozzarella cheese, cucumbers, tomatoes, olives, red onions on a tortilla wrap spread with hummus</i>
Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles					
	Bacon Pizza <i>whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon</i>	Beef & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce</i>	Meatball Calzone <i>garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses</i>	Margherita Pizza <i>whole wheat pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil</i>	Chicken Parmesan Calzone <i>garlic toasted pizza crust, stuffed with ricotta cheese, melted mozzarella and diced chicken cutlet</i>
Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice					
	Sizzling Fajita Mac & Cheese <i>tender pasta with beef, tomatoes and onions and peppers in a creamy cheese sauce Peas</i>	Burger Bar <i>all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun</i> Baked Sweet Potato Fries	Waffles & Sausage <i>light and crisp whole grain waffles served with a sausage patty</i> Blueberries Baked Sweet Potato Fries	Homemade Baked Ziti <i>ziti baked in marinara sauce with melted mozzarella, ricotta and parmesan cheeses</i> Roasted Butternut Squash	Chicken & Vegetable Dumplings <i>a flavorful combination of chicken and veggies tucked into a soft dumpling shell Steamed Broccoli</i>
	Chicken Burrito Bowl <i>brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo</i>	Veggie Bean Quesadilla <i>cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i>	Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i>	Chicken Enchilada <i>crispy chicken tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream</i>	Fiesta Taco Salad <i>fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl</i>
Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce					
	Buffalo Chicken Sandwich <i>spicy chicken patty with lettuce and tomatoes on a club roll</i>	Fish Sandwich <i>fish fillet on a whole wheat bun with lettuce and cheese</i>	Turkey Bacon Cheeseburger <i>beef cheeseburger topped with turkey bacon, lettuce and tomato, on a whole wheat hamburger bun</i>	Beef Sliders <i>mini beef patties on mini hamburger buns</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>
Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll * New Item Available Daily: Egg & American Cheese or Turkey Bacon, Egg & American Cheese on a Whole Wheat Bagel *					
	Turkey Garden Salad with Dinner Rolls <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, and carrots</i>	Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</i>	Garden Salad with Cheddar Cheese <i>tomatoes, cucumbers and shredded cheddar cheese served over a bed of romaine lettuce, with two dinner rolls</i>	Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i>	Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i>
Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing ***New Item Available Daily*** Organic Hummus & Organic Whole Wheat Pretzel!!!					
	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple

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 AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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**MONDAY**

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	<p>Athenian Wrap <i>lettuce, tomato, red onion, green peppers, cucumbers and feta wrapped in a tortilla</i> ✓</p>	<p>Love at First Bite Sandwich <i>Boar's Head turkey breast and American cheese with lettuce and tomato on a club roll spread with Thous. Isl.</i></p>	<p>Honey Mustard Chicken Wrap <i>crispy breaded chicken patty, romaine lettuce and honey mustard dressing in a whole wheat wrap</i></p>	<p>Hot &amp; Spicy Chicken Wrap <i>hot and spicy chicken with lettuce and tomato, wrapped inside a whole wheat tortilla</i></p>	<p>Professional Development Day No School</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i></p>	<p>Pepperoni &amp; Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with pepperoni, melted mozzarella cheese and marinara sauce</i> ♪</p>	<p>Fresh Basil &amp; Red Pepper Pizza Slice <i>whole wheat pizza topped with roasted red peppers and fresh basil</i> ✓</p>	<p>Sausage &amp; Cheese Calzone <i>pork sausage, ricotta and mozzarella cheeses tucked into a whole grain pizza crust</i></p>	
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Rainbow Grilled Cheese <i>melted american and mozzarella cheeses served in between two slices of grilled whole wheat bread</i> Corn</p>	<p>BBO Chicken <i>tender chicken marinated in bbq sauce</i> Brown Rice Carrots</p>	<p>The Works Hot Dog <i>hot dog on a whole wheat bun with mustard, sauerkraut, jalapenos, onions and relish</i> Baked Sweet Potato Fries</p>	<p>Chicken Tenders <i>Sriracha Garbanzo Beans</i></p>	
	<p>Chicken Burrito Bowl <i>brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips</i></p>	<p>Beef &amp; Cheddar Quesadilla <i>fiesta style beef folded inside a grilled tortilla with cheddar and pico de gallo</i></p>	<p>Chicken Burrito <i>fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</i></p>	<p>Fiesta Taco Salad <i>fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl</i></p>	
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce</i> ✓</p>	<p>Cactus Jack Wrap <i>grilled chicken breast drizzled with hot sauce, with lettuce and tomato on a whole wheat wrap</i></p>	<p>English Cheddar Burger <i>grilled beef burger topped with cheddar cheese, sautéed onions, lettuce mix and tomatoes on a whole</i></p>	<p>Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i></p>	
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers &amp; Veggie Burgers served on whole wheat Roll * New Item Available Daily: Egg &amp; American Cheese or Turkey Bacon, Egg &amp; American Cheese on a Whole Wheat Bagel *</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>Garden Salad with Cheese &amp; Dinner Rolls <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, and shredded cheddar</i></p>	<p>Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> ✓</p>	
<p>Available Daily: Garden Salad, Chef Salad &amp; Chicken Salad, served with twin whole wheat dinner rolls &amp; low fat dressing ***New Item Available Daily*** Organic Hummus &amp; Organic Whole Wheat Pretzelli!</p>					
	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>	

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AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

	<p>Presidents' Day No School</p>	<p>Tuna Salad in a Pita Pocket <i>tuna salad stuffed inside a pita</i> 🍷</p>	<p>South of the Border Wrap <i>crispy chicken tenders, cheddar cheese and Mexi rice on a whole wheat wrap</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>Chicken Delight Wrap <i>crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</i></p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
		<p>Buffalo Chicken Stromboli <i>zesty buffalo chicken with mozzarella cheese wrapped in garlic pizza dough</i></p>	<p>White Pizza <i>fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella cheese, baked to perfection</i> 🍷</p>	<p>Roasted Garlic &amp; Onion Calzone <i>garlic toasted whole grain calzone filled with roasted garlic, onion, ricotta and melted cheeses</i> 🍷</p>	<p>French Bread Pizza <i>marinara sauce and mozzarella cheese on a french baguette</i> 🍷</p>
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
		<p>Warm Pretzel with Cheese Sauce <i>warm whole wheat pretzel with cheese sauce</i> 🍷 Veggie Dippers</p>	<p>Penne Bolognese <i>al dente pasta tossed with bolognese meat sauce</i> Carrots</p>	<p>Baked Potato Bar 🍷 Mexi Beef Shredded Cheddar Cheese Sauce Turkey Bacon Garbanzo Bean &amp; Spinach Salad</p>	<p>Meatball Parmesan Hero <i>chicken and beef meatballs on a whole wheat club roll, topped with tomato sauce and melted mozzarella cheese</i> Steamed Broccoli</p>
		<p>Ranch &amp; Chicken Quesadilla <i>fiesta chicken, mozzarella and ranch dressing melted into a whole wheat wrap</i></p>	<p>Bean &amp; Veggie Burrito <i>a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream</i> 🍷</p>	<p>Crispy Chicken Taco <i>fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa</i></p>	<p>Chicken Taco Salad <i>a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</i></p>
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
		<p>Texas Rib Sandwich <i>boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</i></p>	<p>Chicken Parm Sandwich <i>lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain</i></p>	<p>Fish Sandwich <i>fish fillet on a whole wheat bun with lettuce and cheese</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>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers &amp; Veggie Burgers served on whole wheat Roll * New Item Available Daily: Egg &amp; American Cheese or Turkey Bacon, Egg &amp; American Cheese on a Whole Wheat Bagel *</p>					
		<p>Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons</i></p>	<p>Garden Salad with Cheddar Cheese <i>tomatoes, cucumbers and shredded cheddar cheese served over a bed of romaine lettuce, with two dinner rolls</i> 🍷</p>	<p>Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> 🍷</p>	<p>Greek Salad with Dinner Roll <i>romaine lettuce with red onions, tomatoes, cucumbers, feta cheese and black olives, served with a whole wheat dinner roll</i> 🍷</p>
<p>Available Daily: Garden Salad, Chef Salad &amp; Chicken Salad, served with twin whole wheat dinner rolls &amp; low fat dressing *** New Item Available Daily*** Organic Hummus &amp; Organic Whole Wheat Pretzell!</p>					
		<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple</p>

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	<p>Turkey Club Wrap <i>Boar's Head turkey breast, turkey bacon, chopped romaine lettuce and tomato, wrapped in a whole wheat tortilla</i></p>	<p>Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled</i></p>			
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Pizza Bagel <i>fresh whole wheat bagel topped with marinara sauce and mozzarella cheese</i></p>	<p>Meatball Stromboli <i>beef and chicken meatballs, stuffed inside a folded pizza crust with tomato sauce and melted mozzarella cheese</i></p>			
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>BBO Chicken Sandwich <i>bbq chicken strips on whole wheat hamburger bun Baked Potato Wedges</i></p>	<p>French Toast Sticks <i>crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup</i>  Scrambled Eggs Baked Sweet Potato Fries</p>			
	<p>Chicken Burrito Bowl <i>brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and 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 Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>Beef Sliders <i>mini beef patties on mini hamburger buns</i></p>	<p>Bacon Cheeseburger <i>beef burger topped with turkey bacon, low fat American cheese, lettuce and tomato, served on whole wheat</i></p>			
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers &amp; Veggie Burgers served on whole wheat Roll * New Item Available Daily: Egg &amp; American Cheese or Turkey Bacon, Egg &amp; American Cheese on a Whole Wheat Bagel *</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 &amp; Chicken Salad, served with twin whole wheat dinner rolls &amp; low fat dressing</p>					
<p>***New Item Available Daily*** Organic Hummus &amp; Organic Whole Wheat Pretzel!!!</p>					
	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple</p>			

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