Welcome to our Lunch Cafe

11/1/2017 - 11/3/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
AMERICAN SANDWICH CO.			Grilled Veggie Wrap grilled vegetables and cheese served on a wrap	Chicken Salad Wrap chicken salad in a wrap	American Beauty Sandwich thinly sliced turkey and cheese, lettuce and tomato on a roll
	Available Daily:	Assorted Boars Head cold cuts, chees	ses and whole grain rich bread, rolls and v	waps along with an assortment of veget	able toppings
Lacucina HALIAN BISTRO			Buffalo Chicken Pizza Pops crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing	Tossed Salad Pizza pizza dough topped with tossed greens, tomatoes and balsamic vinaigrette	Calzone 3 Cheese calzone stuffed with three delicious melted cheeses
	Available Dail	y: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza all f		
			Sausage, Egg & Cheese Burrito* sausage, egg, cheese and	Buffalo Chicken Tenders Buffalo chicken tenders with carrot and celery sticks	Philly Cheese Sandwich beef topped with sauteed peppers, onions and
World Market			peppers wrapped inside a flour tortilla p Tator Tots	Fresh Cucumber Salad	melted cheese on a lightly toasted bun Garden Salad
Coyote Grill Seather strong casting and the Strice			Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar	Nachos Grande tortilla chips topped with mexi style meat and cheese sauce	Soft Taco fiesta-style meat with melted cheese arranged in a soft taco shell
	Available Daily, Nachos, Cripsyand Sof	Tacos, Rice with your choice of Mexi B	eef, Mexi Chicken, Mexi Veg, Refried Beans, C	Cheese Sauce, Shredded Cheddar, Shredde	d Lettuce, Salsa and Fresh Pico De
ERUBUS AMELIAT THE ACCUMINATION			Fish Sandwich fish fillet on a bun with cheese	Boneless Chicken Wings breaded chicken wings baked to perfection	Chicken Bacon Sandwich tender, crispy chicken patty topped with crispy bacon and leaf lettuce
	Available Daily: Haml	ourgers, Turkey Burgers, Veggie Bur	gers, Chicken Patties and Spicy Chicken S	Candwiches with Assorted Cheeses and V	/egetable Toppings
FRAIT MONORES AND SALES DAILY			Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	Mexican Salad Salad with beans, com, sour cream, and salsa
	Available Daily: Garden Salad w Ch	neese, Chef Salad, Chicken Caesar Salad	, Chicken Caesar Wrap, Buffalo Chicken Wra	ap, Turkey& Cheese Wrap, Ham & Cheese	Wrap, Organic Yogurt Parfaits
Healthy Harvest			Grape Tomatoes Cucumber Coins Celery Fresh Baby Carrots Fresh Apple Pineapple Fresh Banana	Garbanzo Beans Romaine Lettuce Green Pepper Slices Fresh Baby Carrots Fresh Orange Pineapple Fresh Strawberries	Fresh Broccoli Mesclun Spring Mix Grape Tomatoes Cucumber Coins Fresh Apple Fresh Orange Melon Cup
		Fresh Fr	Fresh Red Grapes uits and Vegetables and Choice	Fresh Red Grapes	Fresh Banana

WHITSONS' STUPLY ROOTED in food & family

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

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice. At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored. Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

Welcome to our Lunch Cafe

11/6/2017 - 11/10/2017

20	Monday	Tuesday	Wednesday	Thursday	Friday
	Honey Mustard Chicken		Turkey BLT Wrap	Egg Salad Sandwich	
GREAT	Wrap		sliced turkey, bacon,	fresh mixed egg salad on	
AMERICAN	crispy breaded chicken	Election Day	lettuce, and tomato on a	assorted bread options	Veterans' Da
SANDWICH CO.	strips, lettuce, tomato and honey mustard dressing in	•	wrap		No School
THE PARTY AND TH	a wrap	No School			NO SCHOOL
	Available Daily:	Assorted Boars Head cold cuts, cheeses	and whole grain rich bread, rolls and w	raps along with an assortment of veget	able toppings
	Buffalo Chicken Stromboli		Pepper & Onion Pizza	BBQ Chicken Pizza	
	zesty buffalo chicken with		fresh pizza dough topped	fresh pizza dough topped	
Lacucina	mozzarella cheese and		with marinara sauce,	with BBQ sauce,	
CUCIFIA	pizza sauce wrapped in		mozzarella and sauteed	mozzarella, cheddar,	
BISTRO	garlic pizza dough		peppers and onions	chicken strips, red onion and cilantro	
				W. I. G. I. DI. I. DI.	
		y: Cheese Pizza, Pepperoni P	izza and Vegetable Pizza all f		zza Dough
	Stuffed Bread Sticks		Buffalo Chicken Sauce &	Sausage Onions &	
	baked bread sticks filled		Toss	Peppers Sandwich Italian sausage sandwich	
World Market +	<i>with melted cheese</i> Meatball Dunkers		popcorn chicken glazed with Buffalo sauce	topped with sauteed onions	
Substitution Control Control	Caesar Salad		Brown Rice	and peppers p	
	Caesai Salau		Veggie Dippers	Tomato Salad	
			Voggio Dipporo	TOTTIALO Salau	
	Burrito		Fiesta Taco Salad	Nachos with Cheese	
	fiesta style meat with sour		a crunchy tortilla bowl filled	creamy cheese layered	
Coyote	cream, refried beans, rice,		with fiesta style beef,	over a bed of nachos	
Crill .	cheddar, lettuce and salsa		cucumber, tomato, lettuce,		
Southwestern cuisine with a bite	wrapped in a tortilla		and cheddar		
	.,				
	Available Daily: Nachos, Cripsyand Sof	t Tacos, Rice with your choice of Mexi Bee	f, Mexi Chicken, Mexi Veg, Refried Beans, C	heese Sauce, Shredded Cheddar, Shredder	d Lettuce, Salsa and Fresh Pico De
	Egg and Cheese		BBQ Rib Sandwich	Boneless Chicken Wings	
	Sandwich		BBQ rib patty on a bun	breaded chicken wings	
SDIIDIIC WHERE	breakfast sandwich topped		, ,	baked to perfection	
ERUBYS SURGESTRIC BEGINNING	with egg and cheese			·	
	Available Daily: Ham	burgers, Turkey Burgers, Veggie Burge	1		egetable Toppings
	Garden Salad Entree	burgers, Turkey Burgers, Veggie Burge	Tuna Salad Plate	Garden Salad with Hard	egetable Toppings
QRES _A	Garden Salad Entree fresh garden salad topped	ourgers, Turkey Burgers, Veggie Burge	Tuna Salad Plate garden salad topped with	Garden Salad with Hard Boiled Eggs & Dinner	egetable Toppings
ERALI SANDWICHES	Garden Salad Entree	ourgers, Turkey Burgers, Veggie Burge	Tuna Salad Plate	Garden Salad with Hard Boiled Eggs & Dinner Rolls	egetable Toppings
ERALT EXPRESS DAILY	Garden Salad Entree fresh garden salad topped	ourgers, Turkey Burgers, Veggie Burge	Tuna Salad Plate garden salad topped with freshly made tuna salad	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato,	egetable Toppings
EXPRESS DAILY	Garden Salad Entree fresh garden salad topped	ourgers, Turkey Burgers, Veggie Burge	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	egetable Toppings
EXPRESS DAILY	Garden Salad Entree fresh garden salad topped	ourgers, Turkey Burgers, Veggie Burge	Tuna Salad Plate garden salad topped with freshly made tuna salad	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato,	egetable Toppings
ERALT EXPRESS DAILY	Garden Salad Entree fresh garden salad topped with meat		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	
ERALT EXPRESS DAILY	Garden Salad Entree fresh garden salad topped with meat		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	
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ERALT EXPRESS DAILY	Garden Salad Entree fresh garden salad topped with meat Available Daily: Garden Salad w Cl Corn & Vegetable Salad Fresh Broccoli Mesclun Spring Mix		Tuna Salad Plate garden salad topped with freshly made tuna salad Chicken Caesar Wrap, Buffalo Chicken Wra	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs p, Turkey& Cheese Wrap, Ham & Cheese V	
Healthy Harvest	Garden Salad Entree fresh garden salad topped with meat Available Daily: Garden Salad w Cl Corn & Vegetable Salad Fresh Broccoli Mesclun Spring Mix Green Pepper Slices		Tuna Salad Plate garden salad topped with freshly made tuna salad hicken Caesar Wrap, Buffalo Chicken Wra Tomato Salad Cucumber Coins Garbanzo Beans Celery	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs p, Turkey& Cheese Wrap, Ham & Cheese V Bean Salad Fresh Broccoli Grape Tomatoes Cucumber Coins	
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Healthy Harvest	Garden Salad Entree fresh garden salad topped with meat Available Daily: Garden Salad w Ct Corn & Vegetable Salad Fresh Broccoli Mesclun Spring Mix Green Pepper Slices Fresh Apple Melon Cup		Tuna Salad Plate garden salad topped with freshly made tuna salad Chicken Caesar Wrap, Buffalo Chicken Wra Tomato Salad Cucumber Coins Garbanzo Beans Celery Fresh Orange Melon Cup	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs p, Turkey& Cheese Wrap, Ham & Cheese V Bean Salad Fresh Broccoli Grape Tomatoes Cucumber Coins Red Pepper Strips Pineapple	
Healthy Harvest	Garden Salad Entree fresh garden salad topped with meat Available Daily: Garden Salad w Ct Corn & Vegetable Salad Fresh Broccoli Mesclun Spring Mix Green Pepper Slices Fresh Apple Melon Cup Pineapple		Tuna Salad Plate garden salad topped with freshly made tuna salad Chicken Caesar Wrap, Buffalo Chicken Wra Tomato Salad Cucumber Coins Garbanzo Beans Celery Fresh Orange Melon Cup Fresh Banana	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs p, Turkey& Cheese Wrap, Ham & Cheese V Bean Salad Fresh Broccoli Grape Tomatoes Cucumber Coins Red Pepper Strips Pineapple Fresh Banana	
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VHITSONS SIVPLY ROOM & family

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Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if the have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. USDA is an equal opportunity provider, employer, and lender.

Welcome to our Lunch Cafe

11/13/2017 - 11/17/2017

CARROLL STORY	Monday	Tuesday	Wednesday	Thursday	Friday	
	BBQ Chicken Wrap	Vegetarian Wrap	Tuna Salad Wrap*	Roma Pepperoni Griller	Reuben Sandwich	
GREAT	chicken breast with BBQ	cheese, cucumbers,	fresh chunky tuna salad	grilled cheese with	meat and Swiss cheese	
AMERICAN	sauce, lettuce and tomato	tomatoes, and red onions	with field greens and	mozzarella, pepperoni,	with sauerkraut and	
SANDWICH CO.	in a wrap	on a tortilla wrap spread	tomatoes served in a wrap	pizza sauce, and	dressing, pressed betwee	
TASTE BUDS	a ap	with hummus	terratese servea a tirap	provolone 🔞	two slices of bread	
LIBERATE TOWN		wurnummus		provoione p	two sinces of bread	
	Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings					
	Buffalo Chicken Pizza	Meatball and Cheese	Cheese Pizza Pops	Grilled Vegetable Pizza	Chicken & Spinach	
Charles and Control of the Control o	cheese pizza topped with	Stromboli			Calzone	
Tab O			garlic pizza dough stuffed	grilled pizza topped with		
Cucina	Buffalo chicken pieces	Meatballs and melted	with mozzarella cheese,	zucchini, squash, eggplant,	garlic toasted pizza crus	
ITALIAN		cheese wrapped in pizza	tomato sauce and crushed	scallions and mozzarella	filled with chicken, spinac	
Coo Bistino		dough	red pepper		ricotta and melted cheese	
				eaturing Whole Grain Rich Pi		
	Baked Pasta with Cheese	French Toast French toast baked to	Ruby's Chicken Cordon Bleu Sandwich	Chicago Style Hot Dog skinless hot dog on a bun,	Greek Chicken Flatbread grilled flatbread with greek	
	pasta topped with melted		chicken, ham and cheese		-	
World Market	' ''	perfection	· · · · · · · · · · · · · · · · · · ·	topped with mustard, pickle	style chicken, topped with	
militathy identificant Courses	cheese, baked to	Scrambled Eggs	with lettuce and pickle	chips, onions, tomatoes,	feta and mozzarella	
	perfection	Turkey Bacon	chips on a bun	tomatoes and jalapeño	cheeses, roasted red	
	Roasted Lemon	Strawberry Cup	Steamed Spinach	peppers	peppers and spinach	
	Parmesan Broccoli			Potato Salad	Tomato Salad	
	Bean & Veggie Burrito	Cheese Quesadilla	Fiesta Taco Salad	Nachos Grande	Soft Taco	
	a whole wheat burrito,		a crunchy tortilla bowl filled	tortilla chips topped with	fiesta-style meat with	
C	· ·				_	
Coyote Grill	stuffed with fiesta rice,	with melty cheese	with fiesta style beef,		melted cheese arranged i	
Grill 1-17	veggies, kidney beans and		cucumber, tomato, lettuce,	cheese sauce	a soft taco shell	
Southwestern cuisine with a bite	cheddar cheese, served		and cheddar			
	with salsa and sour cream					
	Available Daily Neebee Crineyand Safe	t Tagas Diss with your shairs of Mari Day	Mari Chielen Mari Van Defried Benne G	hassa Causa Chuaddad Chaddau Chuadda	d Letture Calco and Fresh Bice De	
		Boneless Chicken Wings	Bacon Cheeseburger	Franch Dotty Molt		
	,			French Patty Melt	Buffalo Chicken	
	Sandwich with Tomato	breaded chicken wings	burger topped with cheese	grilled burger topped with	Sandwich	
ERUBUS WHERE BURGERS ARE JUST THE BEGINNING	toasted garlic bread	baked to perfection	and bacon on a freshly	onions with lettuce and	chicken marinated in ho	
ARE JUST THE	•					
ELUU J BEGINNING	sandwich stuffed with	·	toasted bun	tomatoes	sauce on a roll, topped wit	
6 R I L L	•	·	toasted bun	tomatoes	sauce on a roll, topped wit lettuce and tomato	
G R I L L	sandwich stuffed with	·	toasted bun	tomatoes		
G R I L L	sandwich stuffed with mozzarella and tomato	Tuhu Du			lettuce and tomato	
Б R I L L	sandwich stuffed with mozzarella and tomato Available Daily: Ham		rs, Chicken Patties and Spicy Chicken S	andwiches with Assorted Cheeses and V	lettuce and tomato	
Б. Я. І. І.	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with	Spinach Mandarin Salad	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter	andwiches with Assorted Cheeses and V Buffalo Chicken Salad	lettuce and tomato (egetable Toppings Mexican Salad	
G R I L L	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls	Spinach Mandarin Salad with Dinner Rolls	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper	andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls	lettuce and tomato egetable Toppings Mexican Salad Salad with beans, corn,	
ERALI FORMER	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach,	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter	andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of	lettuce and tomato (egetable Toppings Mexican Salad	
G R I L L	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls	Spinach Mandarin Salad with Dinner Rolls	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper	andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls	lettuce and tomato regetable Toppings Mexican Salad Salad with beans, corn,	
ERAL HOWERS	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach,	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes,	andwiches with Assorted Cheeses and V Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of	lettuce and tomato egetable Toppings Mexican Salad Salad with beans, com,	
ERAL HOWENES DEFENS DEFENS	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with	egetable Toppings Mexican Salad Salad with beans, com,	
ERAL HOUSE	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	lettuce and tomato legetable Toppings Mexican Salad Salad with beans, com, sour cream, and salsa	
ERAL HANNELS BARRES DARRES	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Available Daily: Garden Salad w C	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella	rs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	lettuce and tomato regetable Toppings Mexican Salad Salad with beans, com, sour cream, and salsa	
ERAL HOWEN	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Available Daily: Garden Salad w C	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella	Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese hicken Caesar Wrap, Buffalo Chicken Wrap	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes p. Turkey& Cheese Wrap, Ham & Cheese Bean and Vegetable	lettuce and tomato legetable Toppings Mexican Salad Salad with beans, com, sour cream, and salsa Wrap, Organic Yogurt Parfaits Side Salad	
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ERAL HOWER BY PRESSIONER	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Available Daily: Garden Salad w C	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella	Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese hicken Caesar Wrap, Buffalo Chicken Wrap	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes p. Turkey& Cheese Wrap, Ham & Cheese Bean and Vegetable	lettuce and tomato lettuce and tomato Mexican Salad Salad with beans, com, sour cream, and salsa Mrap, Organic Yogurt Parfaits Side Salad Celery Red Pepper Strips	
ERAL ENGLISH	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Available Daily: Garden Salad w C	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella The see, Chef Salad, Chicken Caesar Salad, Chicken Chic	Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese Chicken Caesar Wrap, Buffalo Chicken Wrap, Baby Carrots Fresh Baby Carrots Fresh Cucumber Salad Red Pepper Strips	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes p, Turkey& Cheese Wrap, Ham & Cheese Wrap and Vegetable Salad	lettuce and tomato lettuce and tomato legetable Toppings Mexican Salad Salad with beans, com, sour cream, and salsa Wrap, Organic Yogurt Parfaits Side Salad Celery	
ERAL EXPRESS COLLEGE	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Available Daily: Garden Salad w Co	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella Teese, Chef Salad, Chicken Caesar Salad, Ch	cr., Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese chicken Caesar Wrap, Buffalo Chicken Wra Fresh Baby Carrots Fresh Cucumber Salad Red Pepper Strips Lite Veggie Pasta Salad	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes p, Turkey& Cheese Wrap, Ham & Cheese Walad Fresh Broccoli	lettuce and tomato lettuce and tomato lettuce and tomato Mexican Salad Salad with beans, com, sour cream, and salsa Mrap, Organic Yogurt Parfaits Side Salad Celery Red Pepper Strips	
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ERAL EXPRESSION	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Available Daily: Garden Salad w Co	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella Tesse, Chef Salad, Chicken Caesar Salad, Ch	crs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese chicken Caesar Wrap, Buffalo Chicken Wra Fresh Baby Carrots Fresh Cucumber Salad Red Pepper Strips Lite Veggie Pasta Salad Fresh Apple Pineapple	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad Fresh Broccoli Grape Tomatoes Cucumber Coins Fresh Orange	lettuce and tomato lettuce and tomato lettuce and tomato Mexican Salad Salad with beans, corn, sour cream, and salsa Side Salad Celery Red Pepper Strips Fresh Baby Carrots Mediterranean Watermelon Side Salad	
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ERAL ENGLES COLLEGE	sandwich stuffed with mozzarella and tomato Available Daily: Ham House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Available Daily: Garden Salad w Co	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella Tesse, Chef Salad, Chicken Caesar Salad, Ch	crs, Chicken Patties and Spicy Chicken S Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese chicken Caesar Wrap, Buffalo Chicken Wra Fresh Baby Carrots Fresh Cucumber Salad Red Pepper Strips Lite Veggie Pasta Salad Fresh Apple Pineapple	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes p, Turkey& Cheese Wrap, Ham & Cheese V Bean and Vegetable Salad Fresh Broccoli Grape Tomatoes Cucumber Coins Fresh Orange	lettuce and tomato lettuce and tomato Mexican Salad Salad with beans, com, sour cream, and salsa Virap, Organic Yogurt Parfaits Side Salad Celery Red Pepper Strips Fresh Baby Carrots Mediterranean Watermelon Side Salad	

WHITSONS SIMPLY ROOTED in food & family

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Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice. At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored. Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if to have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. USDA is an equal opportunity provider, employer, and lender.

Welcome to our Lunch Cafe

11/20/2017 - 11/24/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
AMERICAN SANDWICH CO.	Balsamic Glazed Vegetable Sandwich grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll	Chicken Delight Wrap chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla	Early Dismissa		
	Available Daily:	Assorted Boars Head cold cuts, cheeses	and whole grain rich bread, rolls and w	raps along with an assortment of veget	able toppings
LaCucina HALLAN BISTRO	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice	Buffalo Chicken Pizza Pops crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing			
	Available Dai	ly: Cheese Pizza, Pepperoni F	izza and Vegetable Pizza all fo	eaturing Whole Grain Rich Pi	zza Dough
World Market	Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce Vegetable Fried Rice	Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Garlic Bread Caesar Salad			
Coyote Grill	Burrito fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Quesadilla Santa Fe chicken, cheddar, roasted peppers and com over tortilla wrap spread with salsa, folded and grilled			
	Available Daily: Nachos, Cripsyand So	it Tacos, Rice with your choice of Mexi Bee	f, Mexi Chicken, Mexi Veg, Refried Beans, C	heese Sauce, Shredded Cheddar, Shredde	d Lettuce, Salsa and Fresh Pico De
WHERE SUBJECT WHERE SURGERS AND LIGHT THE SUCCESSION OF SU	Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce	Buffalo Burger grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun			
	Available Daily: Ham	burgers, Turkey Burgers, Veggie Burge	rs, Chicken Patties and Spicy Chicken S	andwiches with Assorted Cheeses and V	egetable Toppings
ERALT MONOR DESIGNATION OF THE PROPERTY OF THE	Garden Salad Entree fresh garden salad topped with meat	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg			
	Available Daily: Garden Salad w C	heese, Chef Salad, Chicken Caesar Salad, C	Chicken Caesar Wrap, Buffalo Chicken Wra	p, Turkey & Cheese Wrap, Ham & Cheese	Wrap, Organic Yogurt Parfaits
Healthy Harvest	Com & Vegetable Salad Fresh Broccoli Garbanzo Beans Cucumber Coins Fresh Apple Fresh Orange Melon Cup Fresh Red Grapes	Red Pepper Strips Squash Medley Mesclun Spring Mix Fresh Baby Carrots Fresh Orange Melon Cup Pineapple Fresh Strawberries			
Ø SIMI	DIVROOT	TED	Meal price includes: protein o	choice, fresh veggie choice, fres	h fruit choice & bread choic

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Welcome to our Lunch Cafe

11/27/2017 - 11/30/2017

2010/14	Monday	Tuesday	Wednesday	Thursday	Friday
GREAT MERICAN SANDWICH CO.	Love At First Bite Sandwich turkey breast and cheese with lettuce and tomato on a roll spread with thousand island dressing	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato	Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap	Classic Harvest Wrap ham, mozzarella cheese, tossed greens and tomatoes wrapped in a wrap	
	Available Daily:	Assorted Boars Head cold cuts, cheeses	and whole grain rich bread, rolls and w	oraps along with an assortment of veget	able toppings
La Cucina HALIAN BISTRO	Santa Margarita Pizza whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce	Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon	Fresh Basil & Red Pepper Pizza pizza topped with roasted peppers and fresh basil	Sausage & Mushroom Calzone sweet Italian sausage, mushrooms and mozzarella stuffed in folded pizza dough and baked	
	Available Dai	ly: Cheese Pizza, Pepperoni P	izza and Vegetable Pizza all f	eaturing Whole Grain Rich Pi	zza Dough
World Market	Mac & Cheese pasta in cheese sauce, gamished with parsley Steamed Broccoli	St. Louis BBQ Rib Sandwich* boneless ribs in bbq sauce with cheddar and onion rings on a bun Baked potato	Pasta Alfredo with Chicken & Broccoli pasta with alfredo sauce, grilled chicken strips and broccoli florets Roasted Parmesan Butternut Squash	Waffles whole grain waffles Scrambled Eggs Tator Tots Syrup	
Coyote Grill Southerprop catains	Burrito fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Veggie Bean Quesadilla cheesy quesadilla, stuffed with black beans, onions and sauteed peppers	Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar	Nachos with Cheese creamy cheese layered over a bed of nachos	
	Available Daily: Nachos, Cripsyand So	ft Tacos, Rice with your choice of Mexi Beef	f, Mexi Chicken, Mexi Veg, Refried Beans, C	heese Sauce, Shredded Cheddar, Shredde	d Lettuce, Salsa and Fresh Pico De
ERUBUS WHERE BUNDERS THE BECONNING	Chicken Bacon Sandwich tender, crispy chicken patty topped with crispy bacon and leaf lettuce	Balsamic Glazed Vegetable Sandwich grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll	Chicken Parm Sandwich chicken patty topped with melted cheese and tomato sauce on a roll	Grilled Cheese melted cheese on golden toasted bread	
	Available Daily: Ham	burgers, Turkey Burgers, Veggie Burge	rs, Chicken Patties and Spicy Chicken S	andwiches with Assorted Cheeses and V	egetable Toppings
EXPRESS DAILS	House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella	Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	
		heese, Chef Salad, Chicken Caesar Salad, C			Wrap, Organic Yogurt Parfaits
Healthy Harvest	Potato Salad Fresh Broccoli Garbanzo Beans Grape Tomatoes Fresh Orange Fresh Strawberries Fresh Red Grapes	Fresh Baby Carrots Celery Green Pepper Slices Cucumber Coins Fresh Apple Melon Cup Pineapple Fresh Red Grapes	Grape Tomatoes Mesclun Spring Mix Garbanzo Beans Red Pepper Strips Fresh Orange Melon Cup Fresh Banana Fresh Strawberries	Bean Salad Fresh Broccoli Cucumber Coins Side Garden Salad Fresh Apple Pineapple Fresh Strawberries Fresh Red Grapes	

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