Welcome to our Lunch Cafe

9/1/2022 - 9/2/2022

Wednesday Monday **Tuesday Thursday** Friday Lemon Marinated Steamed Broccoli Carrots Celery Sticks Lunch Free WELCOME Sriracha Garbanzo Side Salad for All Students Beans Pineapple Garden Salad Fresh Apple ucumbers,Side Salad, Yogurt Parfait w/fruit&granola, Bagel Lunch w/ fruit & Veg., 100%concentrated Juices,1%, Ff White Available Daily:Apples,Oranges,Bananas,Carrots Turkey Burger **BLT Burger** grilled turkey burger on a freshly prepared burger whole wheat bun with topped with crispy bacon, lettuce, tomato and mayo cheese on a freshly toasted bun Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Nachos Grande Fiesta Taco Salad tortilla chips topped with homemade crunchy freshly prepared mexi tortilla bowl filled with style meat and cheese fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🤔 Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Black Beans, Cheese Sauce and Shredded Fruity Granola Parfait Chicken Parmesan Sandwich Low fat vanilla yogurt warm chicken patty layered with fruit and granola 🕜 🤔 🚷 smothered in tomato sauce, topped with melted cheese assembled in-house on a roll Homemade Chicken & Margherita Pizza Cheese Stromboli freshly prepared dough Chicken and melted lightly brushed with garlic cheese wrapped in a and oil, topped with pizza dough 🤔 tomato sauce, mozzarella cheese, fresh tomatoes and basil 🍘 🤔 Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Garden Salad Entree Chicken Caesar Salad fresh garden salad fresh romaine topped with parmesan cheese. topped with meat 🤗 chicken, and croutons with dinner rolls 🤔 Dinner Rolls Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls Turkey & Cheese Ham & Cheese Wrap Sandwich P freshly made and thinly sliced turkey and cheese sandwich Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with Whitsons is Simply Rooted® in food and family, and

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illness, especially if you have certain medical conditions. \* Menu is subject to change, notice posted when available. \* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. \* This institution is an equal opportunity WHITSO1 school Nutrition











Welcome to our Lunch Cafe

9/5/2022 - 9/9/2022

Wednesday Monday **Tuesday** Thursday Friday Fresh Apple Fresh Baby Carrots Side Salad Side Salad Celery Sticks Chilled Red Pepper side salad with tomato side salad with tomato Sweet Potato Fries Strips and cucumber and cucumber Fresh Grapes Garbanzo Beans Steamed Broccoli Fresh Banana **Cucumber Coins** Fresh Orange ailable Daily:Apples, Oranges, Bananas,Celery, Carrots, Cucumbers,Side Salad, Yogurt Parfait w/Fruit&Granola, Bagel Lunch w/fruit & Veg., 100% Concentrated Juices, 1%, Ff Denver Burger Ham & Cheese Bagel Meatball Hero Veggie Burger 🕡 grilled burger topped with Melt freshly baked meatballs ham, American cheese, ham and melted cheese mixed in a rich tomato on a bagel 😱 sauce inside a soft roll sautéed onions and peppers, lettuce mix and topped with melted mozzarella 🤒 🚷 tomatoes on a bun p Beef meatballs Beef burger Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all sserved with baked fries on wg Nachos Grande Fiesta Taco Salad **BBQ Chicken Nachos** Soft Tacos homemade crunchy freshly prepared fiestatortilla chips topped with crispy nacho tortilla chips tortilla bowl filled with style meat with melted freshly prepared mexi with chicken, carrots. fiesta style beef, crisp cheese wrapped in a style meat and cheese tomatoes and cabbage warm soft taco shell 🤒 cucumbers, tomatoes, lettuce and shredded Ground Turkey cheddar cheese 🤗 Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Roasted Turkey with Chicken Parmesan Incredibowls General **Buffalo Chicken** Gravy Sandwich Tso's Chicken **Tenders** oven roasted turkey warm chicken patty General Tso's seasoned Buffalo chicken tenders chicken with brown rice, breast smothered with smothered in tomato with carrot and celery gravy sauce, topped with broccoli, and scallions sticks 🤗 Fluffy Mashed melted cheese French Bread Potatoes assembled in-house on a Whole Wheat Dinner roll 🤔 🚷 Roll Homemade Chicken & Cheese Pizza Homemade Buffalo Bacon Pizza Cheese Stromboli Chicken Stromboli classic red sauce pizza handmade pizza topped Chicken and melted garlic pizza dough made in-house topped with sauce, melted cheese wrapped in a with melted mozzarella wrapped around zesty mozzarella and crispy buffalo chicken, melted pizza dough 🤗 bacon pieces 🤗 **7** 🔁 mozzarella cheese,yriBacon tomato sauce and baked Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Garden Sake With CO Grilled Chicken Salad Classic Greek Salad Chicken Caesar Salad with Dinner Rolls romaine lettuce with Cheese Entree fresh romaine topped with arilled chicken breast. fresh garden salad parmesan cheese. cucumbers, tomatoes, lettuce, julienned carrots, feta cheese, black olives topped with cheese 🍘 chicken, and croutons sliced tomatoes and and red onions 🝘 🤒 with dinner rolls 🤔 cucumbers 🤗 Dinner Rolls Dinner Rolls Dinner Rolls Dinner Rolls Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls Tuna Salad Wrap\* American Combo Grilled Turkey & Bacon Egg Salad Wrap fresh chunky tuna salad Sandwich Melt freshly made egg salad freshly made sandwich gooey cheese with layers with field greens and with lettuce and tomato in a soft tortilla wrap 🍘 🤔 tomatoes served in a with thinly sliced turkey, of turkey and crisp bacon ham and cheese n melted between two wrap 🤗 slices of toasty bread Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with Whitsons is Simply Rooted® in food and family, and

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Welcome to our **Lunch Cafe** 

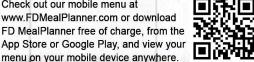
9/12/2022 - 9/16/2022

Monday **Tuesday** Wednesday **Thursday** Friday Fresh Baby Carrots Cauliflower Popcorn Side Salad **Cucumber Coins** Side Salad Side of cauliflower pieces side salad with tomato Orange Glazed Carrots Chili Roasted side salad with tomato Garbanzo Beans tossed with oil and Sliced Oranges and cucumber and cucumber Roasted Squash Fresh Apple Steamed Peas spices. Pineapple Celery Sticks Green Pepper Slices Watermelon Slices butternut squash Fresh Banana Available Daily, Apples, Oranges, Bananas, Celery, Carrots, Cucumbers,Side Salad, Yogort Parfait wFriut & Granola, Bagel Lunch w/Fruit & Veg., FF &1% White Milk, FF Chocolate Grilled Cheese Chicken Parmesan Bacon Cheeseburger Philly Cheese Steak **Buffalo Chicken** Sandwich Sandwich freshly prepared beef thinly sliced beef topped Tenders golden toasted bread with warm chicken patty patty topped with melted with sauteed peppers, Buffalo chicken tenders smothered in tomato with carrot and celery melted gooey cheese cheese, crispy bacon, onions and melted pressed and prepared insauce, topped with sticks 🤗 crisp lettuce and tomato cheese on a lightly house 🌠 melted cheese served on a toasted bun toasted bun prepared inassembled in-howsepQA,aurkey Bacon house 🤔 Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served with baked fries Nachos with Cheese Mission Burrito Nachos Grande Chicken Fajita Wrap Buffalo Chicken and tortilla chips topped with creamy cheese layered authentic fiesta style seasoned chicken with Cheese Quesadilla over a bed of nachos 🍘 meat topped with sour freshly prepared mexi sauteed onions and fiesta style chicken and cream, beans, seasoned style meat and cheese peppers topped with cheddar cheese inside a grilled folded tortilla rice, shredded cheese tomato, lettuce, and and crisp lettuce inside a turkey cheese on a tortilla spread with hot sauce soft tortilla shell prepared in-house 🤔 Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Salisbury Steak Homemade Baked Sweet & Sour Chicken Chicken and Waffles Meatball Hero Pasta with Cheese Fresh chopped beef Sauce & Toss crispy chicken placed on freshly baked meatballs pasta topped with melted popcorn chicken in a steak in brown gravy 🤗 top of fluffy waffles mixed in a rich tomato cheese, baked to sweet & sour sauce sauce inside a soft roll perfection 🕜 🤔 🚷 French Bread topped with melted mozzarella 🤒 🚷 Cheesy Garlic Bread Beef Meatbaalls Homemade Buffalo Ro Broccoli Pizza Homemade Veggie & Homemade Chicken Buffalo Chicken Pizza Parmesan Calzone Chicken Stromboli freshly prepared in-house Cheese Stromboli freshly prepared cheese cheese pizza topped with freshly baked dough freshly prepared dough garlic pizza dough pizza topped with chicken lightly brushed with garlic lightly brushed with oil & wrapped around zesty tossed in hot sauce 🤔 broccoli 🌈 🤔 garlic stuffed with chicken & oil filled with sauteed buffalo chicken, melted vegetables and melted breast topped with tomato mozzarella cheese, rich mozzarella 🕜 🤔 sauce, mozzarella & tomato sauce and baked Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Buffalo Chicken Salad Chicken Caesar Salad Garden Salad Entree Garden Salad with Buffalo Chicken Salad with Dinner Rolls fresh romaine topped with fresh garden salad Cheese Entree with Dinner Rolls spicy chicken on a bed of spicy chicken on a bed of parmesan cheese. topped with meat 🤗 fresh garden salad romaine lettuce with chicken, and croutons topped with cheese 🧖 romaine lettuce with Dinner Rolls cucumbers, carrots and cucumbers, carrots and with dinner rolls 🤔 tomatoes 🤗 tomatoes 🤔 Dinner Rolls Dinner Rolls Dinner Rolls Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls Tuna Salad Sandwich American Combo South of the Border Turkey & Cheese Chicken Caesar freshly made sandwich Sandwich Wrap Panini Sandwich freshly made sandwich warm chicken, seasoned turkey, cheese, lettuce crispy chicken patty with topped with creamy tuna salad 🤗 with thinly sliced turkey, rice, and cheddar cheese and tomato panini grilled fresh lettuce, tomato and Caesar dressing on a roll ham and cheese n wrapped in a tortilla 🔗 to perfection 🤗 Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



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Welcome to our Lunch Cafe

9/19/2022 - 9/23/2022

Wednesday Monday **Tuesday Thursday** Friday Tomato Salad Baked Potato Wedges Celery Sticks Green Pepper Slices **Cucumber Coins** crispy potato wedges Steamed Carrots Sliced Zucchini Chili Roasted Cajun Roasted Fresh Banana baked to perfection Pineapple Garbanzo Beans Broccoli Fiesta Corn Fresh Grapes Fresh Orange Fresh Melon Cup Available Daily, Apples, Oranges, bananaas, Carrots, Celery, Cucumbers, Side Salad, Yogurt Parfait w/Fruit & Granola, Bagel Lunch w/Veg. & Fruit, 100% concentrated Juice, FF & 1% Cheesy Veggie Burger Chicken Parmesan Barbecue Rib Pizza Burger Blazin Buffalo Chicken warm veggie burger Sandwich Sandwich burger topped with pizza Sliders topped with melted warm chicken patty warm BBQ rib patty on a sauce, mozzarella buffalo chicken strips smothered in tomato topped with cheddar cheese on a soft bun 🍘 bunggrapagin-house cheese and romaine sauce, topped with cheese on mini lettuce on a bun 🤗 Cantaloupe melted cheese hamburger buns assembled in-house on a Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches served with baked fries Chimichanga Soft Tacos Chicken Fajita Wrap Chicken Cheese Fiesta Taco Salad freshly made tortilla freshly made crispy Quesadilla freshly prepared fiestahomemade crunchy stuffed with mexi style tortilla filled with Mexican hand crafted grilled flour style meat with melted tortilla bowl filled with tortilla filled with juicy megat, ziske engigna style meat, beans and cheese wrapped in a fiesta style beef, crisp chicken and melty cheese, topped with sour warm soft taco shell 🤗 cucumbers, tomatoes, peppers and cheese 🤗 cream and salsa 🤗 lettuce and shredded Seasoned GP Shid Turkey cheddar cheese 🤒 Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Veggabol BBQ Herb Roasted Chicken Yard Bird Classic Crispy Popcorn Homemade Beef Chicken Chickpea Rice Bowl Brown Rice Burger Chicken Sandwich crispy breaded chicken steamed riced topped French Bread beef burger patty made a delicious chicken filet with BBQ flavored bites baked to perfection from scratch, on a fresh on a hearty bun, served chickness fresh lettuce hamburger bun 🤗 with special sauce and a tomato, carrots, corn and pickle beans with a BBQ drizzle **₹** Pizza Bade K BA Bacon Pizza Homemade Chicken & ffalo Chicken Pizza Cheese Stromboli handmade pizza topped melted cheese and hly prepared cheese chopped InCHEF Chicken and melted izza topped with chicken with sauce, melted tomato sauce on a cheese wrapped in a toasted bagel, baked to cheese wrapped in a tossed in hot sauce 🤔 mozzarella and crispy perfection 🅜 🤔 pizza dough 🤗 bacon pieces 🤗 pizza dough 🤗 Homemade Buffalo Chicken Stromboli 🤔 Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Fresh Garden Salad Garden Salad with Classic Greek Salad Buffalo Chicken Salad Classic Chef Salad with Sliced Egg Cheese Entree romaine lettuce with with Dinner Rolls fresh lettuce topped with garden salad with tomato. spicy chicken on a bed of fresh garden salad cucumbers, tomatoes, sliced deli meats and cucumber, carrot, and topped with cheese 🍘 feta cheese, black olives romaine lettuce with cheeses 📭 🤔 hard boiled eggs 🍘 🤔 and red onions 🍘 🤔 cucumbers, carrots and Dinner Rolls tomatoes 🤗 Dinner Rolls Dinner Rolls Dinner Rolls Dinner Rolls Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls Tuna Salad Wrap\* Turkey Club Wrap Chicken Caesar Wrap **BBQ Chicken Wrap BLT Wrap** fresh chunky tuna salad turkev breast, bacon. freshly made tortilla wrap chicken breast with BBQ freshly made wrap filled with field greens and chopped romaine lettuce filled with sliced chicken, sauce, lettuce and tomato with crispy bacon, in a wrap 🤗 tomatoes served in a and tomato, wrapped in a crisp lettuce, and cheese lettuce tomato and tortilla 🤗 topped with low-fat cheese 🥵 wrap 🤔 turkey bacon Turkey bacon Caesar dressing 🤗 Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with



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Welcome to our Lunch Cafe

9/26/2022 - 9/30/2022

Monday **Tuesday** Wednesday **Thursday** Friday Orange Glazed Carrots **Cucumber Coins** Side Salad **Cucumber Coins** Chili Roasted side salad with tomato Berrellenthall Garbanzo Beans and cucumber Fresh Apple Steamed Broccoli Celery Sticks Fresh Banana Available Daily: Apples, Oranges, Bananas, Celery, Carrots, Cucumbers, Side Salad, Yogurt Parfait w/fruit & Granola, Bagel Lunch w/Veg. & Fruit, 100% Concentrated Juice, FF & 1% Wing Shack BBQ Style Philly Cheese Steak **Buffalo Chicken Chicken Wings** thinly sliced beef topped Tenders BBQ Chicken Wings with sauteed peppers, Buffalo chicken tenders Whole Wheat Dinner with carrot and celery onions and melted Roll sticks 🤗 cheese on a lightly toasted bull mepage PICY DAY house 🤗 Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served with baked fries Crispy Tacos Chicken Fajita Wrap Buffalo Chicken and homemade spicy taco seasoned chicken with Cheese Quesadilla meat inside a crispy taco fiesta style chicken and sauteed onions and shell topped with cheese peppers topped with cheddar cheese inside a grilled folded tortilla tomato, lettuce, and **Ground Turkey** cheese on a tortilla spread with hot sauce prepared in-house 🤔 Available Daily: Nachos, Cripsy & Soft Tacos, Mexi-Rice, Mexi Beef, Mexi Chicken, Mexi Corn, Black Beans, Cheese Sauce & Shredded Cheddar Cheese, Shredded Lettuce, Salsa Meatball Sliders Homemade Waffles Meatball Hero baked, sliced meatballs fluffy made from scratch freshly baked meatballs Belgian style waffles 🕡 topped with tomato mixed in a rich tomato sauce, mozzarella and sauce inside a soft roll parmesan cheese 🤗 🚷 topped with melted Turkey Sausage Patty mozzarella 🤣 🤡 Chicken meatballs Buffalo Chicken Pizza Homemade Buffalo Buffalo Chicken Pizza Chicken Stromboli freshly prepared cheese freshly prepared cheese garlic pizza dough pizza topped with chicken pizza topped with chicken tossed in hot sauce 🤗 wrapped around zesty tossed in hot sauce 🤔 buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Grilled Chicken Salad Garden Salad with Buffalo Chicken Salad with Dinner Rolls Cheese Entree with Dinner Rolls arilled chicken breast. spicy chicken on a bed of fresh garden salad lettuce, julienned carrots, topped with cheese 🍘 romaine lettuce with cucumbers, carrots and sliced tomatoes and tomatoes 🤗 cucumbers 🤗 Dinner Rolls Dinner Rolls Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls Spicy Chicken Turkey & Cheese Chicken Caesar Sandwich Panini Sandwich turkey, cheese, lettuce warm spicy crispy crispy chicken patty with chicken sandwich and tomato panini grilled fresh lettuce, tomato and prepared in-house to perfection 🤗 Caesar dressing on a roll Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings Whitsons is Simply Rooted® in food and family, and

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