Welcome to our Lunch Cafe

10/1/2019 - 10/4/2019

Monday **Tuesday** Wednesday **Friday** <u>Thursday</u> Tuna Salad Wrap' Chicken Caesar Wrap BLT Wrap Turkey Ranch Wrap fresh chunky tuna salad freshly made wrap filled turkey breast with freshly made tortilla with field greens and wrap filled with sliced with crispy bacon, lettuce, tomato and reat ranch on a wrap 🤧 🚷 tomatoes served in a chicken, crisp lettuce, lettuce, tomato and cheese 🤭 and cheese topped with wrap low-fat Caesar dressing Or Egg Salad Wrap **6** 🚱 Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings Steamed Dumplings Fiesta Taco Salad Chicken Nuggets Soft Tacos crispy breaded chicken freshly prepared fiestastuffed dumplings homemade crunchy World 🏋 🕶 nuggets perfect for style meat with melted perfect for dipping in tortilla bowl filled with dipping in your favorite cheese wrapped in a vour favorite Asian fiesta style beef, crisp MARKET warm soft taco shell sauce sauce / cucumbers, tomatoes, Sweet Potato Fries Brown Rice lettuce and shredded cheddar cheese 🥱 Steamed Broccoli Chicken Club Philly Cheese Steak Fish Fillet with Cheese Barbecue Rib Sandwich Sandwich thinly sliced beef topped Sandwich hand crafted sandwich warm BBQ rib patty on a with sauteed peppers, warm sandwich bun prepared in-house with grilled chicken, onions and melted prepared in-house, crispy bacon, lettuce cheese on a lightly topped with crispy fish and juicy tomatoes toasted bun prepared infillet and melted cheese house 🤭 Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Cheese Ravioli with Homemade Meatball Homemade Baked Mozzarella Sticks Tomato Sauce Pasta with Cheese crispy mozzarella sticks Calzone fresh dough lightly baked ravioli in tomato pasta topped with filled with gooey cheese, sauce 🤭 🚷 melted cheese, baked perfect for dipping into brushed with garlic and to perfection 🚱 🤭 🚷 your favorite sauce 👩 oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses. meatball slices, basil Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Greek Salad Cobb Salad Greek Salad Chicken Caesar Salad romaine lettuce with fresh lettuce topped with romaine lettuce with fresh romaine topped cucumbers, tomatoes, bacon, baked chicken, cucumbers, tomatoes, with parmesan cheese, feta cheese, black olives shredded cheddar, and feta cheese, black olives chicken, and croutons and red onions 🕜 and red onions @ 🤧 with dinner rolls 🤭 chopped egg 🤭 Chicken Waldorf Salad with Dinner Rolls 🙈 Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk Mango Madness Strawberry Apple Smoothie Smoothie Shakeu strawberries, apple a fresh blend of yogurt, milk and mango 👩 🤭 ( juice, yogurt and honey Strawberry Banana **€** € Roger Rabbit Smoothie Smoothie @ 69 89 Boar's Head Great Celery & Carrot Sticks Cole Slaw Macaroni Salad Cucumber Coins w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping Salad Bar Available Daily, Choices include selection of green leafy vegetable base, choice of protein and choice of side veggies, Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.

WHITSONS" food & family We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful,

f 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

10/7/2019 - 10/11/2019

Monday **Tuesday** Wednesday **Thursday Friday** Honey Mustard Tuna Salad Wrap' BLT Wrap Turkey Ranch Wrap Chicken Wrap fresh chunky tuna salad freshly made wrap filled turkey breast with freshly sliced chicken with field greens and with crispy bacon, lettuce, tomato and reat SCHOOL ranch on a wrap 🤭 🚷 strips arranged under tomatoes served in a lettuce, tomato and crisp lettuce and wrap cheese 🤭 CLOSED tomatoes drizzled with Egg Salad Wrap TODAY honey mustard dressing in a soft tortilla wrap 🤭 Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings Nachos Grande Chicken Bowl with Grilled Cheese Fiesta Taco Salad tortilla chips topped with Gravy Sandwich homemade crunchy World 🌂 🕶 freshly prepared mexi popcom chicken layered golden toasted bread tortilla bowl filled with style meat and cheese with mashed potatoes SCHOOL with melted gooey fiesta style beef, crisp MARKET cheese pressed and sauce 🙉 and corn. smothered in cucumbers, tomatoes, CLOSED gravy 🤭 prepared in-house @ lettuce and shredded cheddar cheese 🥱 Tomato Soup TODAY Couote Philly Cheese Steak Fish Fillet with Cheese Cheesy Veggie Burger Barbecue Rib warm veggie burger Sandwich thinly sliced beef topped Sandwich warm BBQ rib patty on a topped with melted with sauteed peppers, warm sandwich School cheese on a soft bun onions and melted prepared in-house, bun prepared in-house topped with crispy fish cheese on a lightly CLOSED **€** toasted bun prepared infillet and melted cheese TODAY house 🤭 Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Cheese Ravioli with Homemade Meatball Homemade three Mozzarella Sticks crispy mozzarella sticks Cheese Calzone Tomato Sauce Calzone fresh dough lightly calzone stuffed with baked ravioli in tomato school filled with gooey cheese, three delicious melted sauce 👸 🚷 perfect for dipping into brushed with garlic and CLOSED your favorite sauce 🍘 cheeses 👩 🤔 Homemade Meat and oil sauce made from Cheese Stromboli Pizzadilla 69 Homemade Ham scratch, rolled with low TODAY Pepperoni and Cheese Stromboli p fat seasoned ricotta and mozzarella cheeses. meatball slices, basil Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Garden Salad with Chicken Caesar Salad Greek Salad Hard Boiled Eggs & romaine lettuce with romaine lettuce with fresh romaine topped Dinner Rolls cucumbers, tomatoes, cucumbers, tomatoes, with parmesan cheese, SCHOOL garden salad with feta cheese, black olives feta cheese, black olives chicken, and croutons and red onions 🍘 and red onions 👩 🤔 with dinner rolls 🤭 tomato, cucumber, CLOSED carrot, and hard boiled Chicken Waldorf Salad TODAY eggs 👩 🤭 with Dinner Rolls @ Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk Strawberry Apple Smoothie Mango Madness Smoothie Shakeu strawberries, apple a fresh blend of yogurt, juice, yogurt and honey School milk and mango @ 👸 😥 Strawberry Banana **€** € CLOSED Roger Rabbit Smoothie Smoothie @ 69 89 TODAY Boar's Head Great AMERICAN Potato Salad Celery & Carrot Sticks Cole Slaw Cucumber Coins w/ Low Fat Dressing carrots and celery sticks Healthu SCHOOL paired with dressing for dipping CLOSED TODAY

WHITSONS food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com

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

10/14/2019 - 10/18/2019

Monday **Tuesday** Wednesday **Thursday Friday** Tuna Salad Wrap' Chicken Caesar Wrap **BLT Wrap** Turkey Ranch Wrap fresh chunky tuna salad freshly made wrap filled turkey breast with freshly made tortilla with field greens and wrap filled with sliced with crispy bacon, lettuce, tomato and reat ranch on a wrap 🤭 🚷 tomatoes served in a chicken, crisp lettuce, lettuce, tomato and cheese 🤭 and cheese topped with low-fat Caesar dressing Egg Salad Wrap **6** 🚱 Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings Cheesy Stuffed Bread Soft Tacos General Tso's Chicken Fiesta Taco Salad Sticks freshly prepared fiestacrispy chicken with homemade crunchy World & baked bread sticks filled style meat with melted broccoli in General Tso's tortilla bowl filled with with melted cheese 👩 cheese wrapped in a sauce fiesta style beef, crisp MARKET warm soft taco shell Brown Rice cucumbers, tomatoes, Caesar Salad lettuce and shredded cheddar cheese 🥱 Chicken Club Philly Cheese Steak Fish Fillet with Cheese Barbecue Rib Sandwich Sandwich thinly sliced beef topped Sandwich warm BBQ rib patty on a hand crafted sandwich with sauteed peppers, warm sandwich with grilled chicken, onions and melted prepared in-house, bun prepared in-house topped with crispy fish crispy bacon, lettuce cheese on a lightly and juicy tomatoes toasted bun prepared infillet and melted cheese house 🤭 Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Cheese Ravioli with Homemade Baked Mozzarella Sticks Homemade Meatball Pasta with Cheese crispy mozzarella sticks Tomato Sauce Calzone fresh dough lightly baked ravioli in tomato pasta topped with filled with gooey cheese, sauce 👸 🚷 melted cheese, baked perfect for dipping into brushed with garlic and your favorite sauce 👩 Homemade Meat and to perfection 👩 🤧 🚷 oil sauce made from Cheese Stromboli scratch, rolled with low Homemade three Homemade Ham COLUMBUS Cheese Calzone @ @ Pepperoni and Cheese Stromboli fat seasoned ricotta and mozzarella cheeses. meatball slices, basil Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Chicken Caesar Salad Cobb Salad romaine lettuce with fresh lettuce topped with romaine lettuce with fresh romaine topped cucumbers, tomatoes, bacon, baked chicken, cucumbers, tomatoes, with parmesan cheese, feta cheese, black olives shredded cheddar, and feta cheese, black olives chicken, and croutons and red onions 🕜 and red onions 👩 🤔 with dinner rolls 🤭 chopped egg 🤭 Chicken Waldorf Salad with Dinner Rolls @ Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk Strawberry Orange Smoothie Strawberry Apple Smoothie Mean Green Berry Mango Madness Smoothie Smoothie made with yogurt, baby a fresh blend of yogurt, a blend of vanilla yogurt Shakeu strawberries, apple with fresh strawberries juice, yogurt and honey spinach, strawberries, milk and mango @ 👸 😥 blueberries, bananas & Strawberry Banana and orange juice 👩 🤭 **€** € Roger Rabbit apple juice 👩 🤭 🚷 Smoothie Smoothie @ 69 89 Strawberry Pineapple Chunky Monkey Great Smoothie @ 69 (5) Smoothie 🚱 🤭 🚷 AMERICAN Celery & Carrot Sticks Macaroni Salad Cole Slaw Cucumber Coins w/ Low Fat Dressing carrots and celery sticks Healthu paired with dressing for dipping

WHITSONS food & family

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Welcome to our Lunch Cafe

10/21/2019 - 10/25/2019



Monday Honey Mustard Chicken Wrap freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🤭

**Tuesday** Tuna Salad Wrap' fresh chunky tuna salad with field greens and tomatoes served in a Egg Salad Wrap

Wednesday Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing **6** 🚱

**Thursday** BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🤭

Guy's Fries

**Friday** Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🤭 🚷

World 🌂 🕶 MARKET

Couote

Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🙉

Baked Chicken **Tenders** crispy chicken tenders perfect for dipping in your favorite sauce Baked Potato Wedges

Soft Tacos freshly prepared fiestastyle meat with melted cheese wrapped in a warm soft taco shell

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings

Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🥱



Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun

**€** 

Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house

Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes

Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared inhouse 🤭

Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese



Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 👩 🤔 Pizzadilla 69

Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 👸 🚷

Homemade Meat and Cheese Stromboli 👩

Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 👩 🤧 🚷 Homemade three Cheese Calzone @ @

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🍘 Homemade Ham Pepperoni and Cheese Stromboli p

Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses. meatball slices, basil Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 👩 🤭

romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🕝 Chicken Waldorf Salad with Dinner Rolls @

Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🤭

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 👩 🤔

Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🤭

Shakey

Great AMERICAN

Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey

**€** € Roger Rabbit Smoothie @ 69 89

Mango Madness Smoothie a fresh blend of yogurt, milk and mango 👩 🤭 Strawberry Banana Smoothie





Potato Salad

Celery & Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping

Macaroni Salad

Cole Slaw

Cucumber Coins

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Welcome to our Lunch Cafe

10/28/2019 - 10/31/2019

Monday Wednesday Friday **Tuesday Thursday** Honey Mustard Tuna Salad Wrap' Chicken Caesar Wrap BLT Wrap Chicken Wrap fresh chunky tuna salad freshly made wrap filled freshly made tortilla with field greens and freshly sliced chicken wrap filled with sliced with crispy bacon, reat strips arranged under tomatoes served in a chicken, crisp lettuce, lettuce, tomato and crisp lettuce and and cheese topped with cheese 🤭 wrap tomatoes drizzled with low-fat Caesar dressing Egg Salad Wrap honey mustard dressing **6** 🚱 in a soft tortilla wrap 🤭 Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings Nachos Grande Belgium Waffle with Homemade Pasta & Soft Tacos tortilla chips topped with freshly prepared fiesta-Meatballs Caramelized Apples freshly baked meatballs World 🏋 🕶 freshly prepared mexi fluffy Belgium waffle style meat with melted style meat and cheese topped with freshly cheese wrapped in a with tomato sauce over MARKET warm soft taco shell 🚗 sauce 🙉 prepared caramelized pasta 🤭 🚫 apples 👩 🥙 Caesar Salad Turkey Sausage Patty Crispy Potato Puffs Barbecue Rib Philly Cheese Steak Cheesy Veggie Burger Chicken Club warm veggie burger Sandwich Sandwich thinly sliced beef topped warm BBQ rib patty on a hand crafted sandwich topped with melted with sauteed peppers, cheese on a soft bun bun prepared in-house with grilled chicken, onions and melted crispy bacon, lettuce cheese on a lightly **€** and juicy tomatoes toasted bun prepared inhouse 🤭 Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Cheese Ravioli with Homemade three Homemade Baked Mozzarella Sticks crispy mozzarella sticks Cheese Calzone Tomato Sauce Pasta with Cheese calzone stuffed with baked ravioli in tomato pasta topped with filled with gooey cheese, three delicious melted sauce 👸 🚷 melted cheese, baked perfect for dipping into your favorite sauce 🍘 cheeses 👩 🤔 Homemade Meat and to perfection 👩 🤧 🚷 Cheese Stromboli 👩 Pizzadilla 👩 Homemade three Homemade Ham Cheese Calzone @ @ Pepperoni and Cheese Stromboli Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Garden Salad with Cobb Salad Hard Boiled Eggs & romaine lettuce with fresh lettuce topped with romaine lettuce with Dinner Rolls cucumbers, tomatoes, bacon, baked chicken, cucumbers, tomatoes, garden salad with feta cheese, black olives shredded cheddar, and feta cheese, black olives and red onions 🕜 and red onions 👩 🤔 tomato, cucumber, chopped egg 🤭 carrot, and hard boiled Chicken Waldorf Salad eggs 👩 🤭 with Dinner Rolls 🙈 Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk Strawberry Apple Smoothie Mango Madness Smoothie Shakeu strawberries, apple a fresh blend of yogurt, juice, yogurt and honey milk and mango @ 👸 😥 Strawberry Banana **€** € Roger Rabbit Smoothie Smoothie @ 69 89 Great AMERICAN Celery & Carrot Sticks Macaroni Salad Cole Slaw Potato Salad w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping 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. WHITSONS"

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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice







