Welcome to our Lunch Cafe

9/2/2019 - 9/6/2019

reat american Monday



Tuesday

Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap Or 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 🤭

Friday

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

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







Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Sweet Potato Fries

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

Steamed Dumplings stuffed dumplings perfect for dipping in vour favorite Asian sauce /

Brown Rice Steamed Broccoli

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





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

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





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

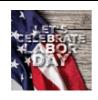
Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🚱 🤭 🚷

Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 👩

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





Greek Salad 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 🥱

Greek Salad 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 🤭

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





Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey

€ € Roger Rabbit Smoothie @ 69 89

Mean Green Berry Smoothie made with yogurt, baby spinach, strawberries, blueberries, bananas & apple juice 👩 🤭 🚷 Strawberry Pineapple Smoothie @ 69 (5)

Mango Madness Smoothie a fresh blend of yogurt, milk and mango @ 👸 😥 Strawberry Banana Smoothie

Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice 👩 🤭

> Chunky Monkey Smoothie 🚱 🤭 🚷





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

Macaroni Salad

Cole Slaw

Cucumber Coins

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' S 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



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

f milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored



VEGETARIAN



Welcome to our Lunch Cafe

MADE WITH NATURAL INGREDIENTS PORK SMADE WITH ORGANIC INGREDIENTS

9/9/2019 - 9/13/2019

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Monday **Tuesday** Wednesday **Thursday Friday** Honey Mustard Tuna Salad Wrap' Chicken Caesar Wrap BLT Wrap Turkey Ranch Wrap Chicken Wrap fresh chunky tuna salad freshly made wrap filled turkey breast with freshly made tortilla freshly sliced chicken with field greens and with crispy bacon, wrap filled with sliced lettuce, tomato and reat ranch on a wrap 🤭 🚷 strips arranged under tomatoes served in a chicken, crisp lettuce, lettuce, tomato and AMERICAN cheese 🤭 crisp lettuce and and cheese topped with 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 Grilled Cheese Nachos Grande Chicken Bowl with Soft Tacos Fiesta Taco Salad freshly prepared fiestatortilla chips topped with Gravy Sandwich homemade crunchy World 🌂 🕶 popcom chicken layered freshly prepared mexi style meat with melted golden toasted bread tortilla bowl filled with style meat and cheese with mashed potatoes cheese wrapped in a with melted gooey fiesta style beef, crisp MARKET cheese pressed and warm soft taco shell sauce 🙉 and corn. smothered in cucumbers, tomatoes, gravy 🤭 prepared in-house @ lettuce and shredded cheddar cheese 🥱 Tomato Soup Couote Chicken Club Philly Cheese Steak Fish Fillet with Cheese Cheesy Veggie Burger Barbecue Rib warm veggie burger Sandwich Sandwich thinly sliced beef topped Sandwich warm BBQ rib patty on a hand crafted sandwich topped with melted with sauteed peppers, warm sandwich cheese on a soft bun 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 Homemade three Pasta with Cheese crispy mozzarella sticks Cheese Calzone Tomato Sauce Calzone fresh dough lightly 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 brushed with garlic and your favorite sauce 👩 cheeses 👩 🤔 homemade Meat and to perfection 👩 🤧 🚷 oil sauce made from Pizzadilla 69 Cheese Stromboli 👩 scratch, rolled with low Homemade three Homemade Ham 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 Garden Salad with Chicken Caesar Salad Cobb Salad Hard Boiled Eggs & romaine lettuce with fresh lettuce topped with romaine lettuce with fresh romaine topped Dinner Rolls cucumbers, tomatoes, bacon, baked chicken, cucumbers, tomatoes, with parmesan cheese, garden salad with feta cheese, black olives shredded cheddar, and feta cheese, black olives chicken, and croutons and red onions 🕝 and red onions 👩 🤔 with dinner rolls 🤭 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 Orange Smoothie Strawberry Apple Smoothie Chunky Monkey Mean Green Berry Mango Madness Smoothie Smoothie Smoothie made with chocolate made with yogurt, baby a fresh blend of yogurt, a blend of vanilla yogurt strawberries, apple Shakey with fresh strawberries milk, fresh bananas and juice, yogurt and honey spinach, strawberries, milk and mango @ 👸 😥 low fat vanilla yogurt 👩 blueberries, bananas & Strawberry Banana and orange juice 👩 🤭 **€** € Roger Rabbit apple juice 👩 🤭 🚷 Smoothie Chunky Monkey Very Berry Smoothie Smoothie @ 69 89 Strawberry Pineapple Smoothie @ 69 (5) Smoothie 🚱 🤭 🚷 **€** € Potato Salad Celery & Carrot Sticks Macaroni Salad Cole Slaw Cucumber Coins w/ Low Fat Dressing carrots and celery sticks Healthu 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" food & family Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

VEGETARIAN

Welcome to our Lunch Cafe

MADE WITH NATURAL INGREDIENTS PORK SMADE WITH ORGANIC INGREDIENTS

9/16/2019 - 9/20/2019

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VEGETARIAN

Welcome to our Lunch Cafe

9/23/2019 - 9/27/2019

Monday **Tuesday** Wednesday **Thursday Friday** Honey Mustard Tuna Salad Wrap' Chicken Caesar Wrap BLT Wrap Chicken Wrap fresh chunky tuna salad freshly made wrap filled freshly made tortilla freshly sliced chicken with field greens and with crispy bacon, wrap filled with sliced SCHOOL Great strips arranged under tomatoes served in a chicken, crisp lettuce, lettuce, tomato and AMERICAN cheese 🤭 CLOSED crisp lettuce and and cheese topped with tomatoes drizzled with low-fat Caesar dressing Egg Salad Wrap TODAY 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 Baked Chicken Nachos Grande Soft Tacos Famous Chili Cheese tortilla chips topped with **Tenders** freshly prepared fiesta-Fries World 🛪 🕶 golden baked potato freshly prepared mexi crispy chicken tenders style meat with melted SCHOOL wedges topped with chili style meat and cheese perfect for dipping in cheese wrapped in a MARKET warm soft taco shell and cheese 🥱 🚷 your favorite sauce sauce 🙉 CLOSED Baked Potato Wedges TODAY Couote Barbecue Rib Chicken Club Philly Cheese Steak Cheesy Veggie Burger warm veggie burger Sandwich Sandwich thinly sliced beef topped warm BBQ rib patty on a hand crafted sandwich topped with melted with sauteed peppers, SCHOOL cheese on a soft bun with grilled chicken, onions and melted bun prepared in-house CLOSED crispy bacon, lettuce cheese on a lightly **€** and juicy tomatoes toasted bun prepared in-TODAY house 🤭 Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches Cheese Ravioli with Homemade Baked Mozzarella Sticks Homemade three Pasta with Cheese Cheese Calzone Tomato Sauce crispy mozzarella sticks 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 SCHOOL your favorite sauce 🍘 cheeses 👩 🤔 homemade Meat and to perfection 👩 🤧 🚷 CLOSED Pizzadilla 69 Cheese Stromboli Homemade three Homemade Ham Cheese Calzone @ @ Pepperoni and Cheese Stromboli TODAY 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 School feta cheese, black olives shredded cheddar, and feta cheese, black olives and red onions @ 69 Chicken Waldorf Salad and red onions 👩 🤔 tomato, cucumber, chopped egg 🥱 CLOSED carrot, and hard boiled eggs 👩 🤭 with Dinner Rolls @ TODAY Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk Strawberry Apple Smoothie Chunky Monkey Mean Green Berry Mango Madness Smoothie Smoothie Smoothie made with chocolate made with yogurt, baby a fresh blend of yogurt, strawberries, apple Shakey milk, fresh bananas and juice, yogurt and honey spinach, strawberries, milk and mango @ 👸 😥 SCHOOL low fat vanilla yogurt 👩 blueberries, bananas & Strawberry Banana **€** Roger Rabbit apple juice 👩 🤭 🚷 Smoothie CLOSED Very Berry Smoothie Smoothie @ 69 89 Strawberry Pineapple TODAY Smoothie @ 69 (5) **€** € Potato Salad Celery & Carrot Sticks Macaroni Salad Cole Slaw w/ Low Fat Dressing carrots and celery sticks Healthu paired with dressing for school dipping CLOSED TODAY

WHITSONS food & family

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