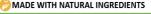
Welcome to our Lunch Cafe

10/1/2018 - 10/5/2018

M.	Monday	Tuesday	Wednesday	Thursday	Friday	
Healthy	Side Salad side salad with tomato and cucumber Steamed Carrots Fresh Pear	Celery Sticks Side Salad Pineapple Steamed Carrots	Side Salad side salad with tomato and cucumber Sweet Potato Fries Celery & Carrot Sticks w Low Fat Dressing Fresh Grapes	Side Salad side salad with tomato and cucumber Steamed Peas Fresh Orange	Side Salad side salad with tomato and cucumber Steamed Broccoli Celery Sticks Fresh Banana	
	Fresh, Chilled Fruit and 1	00 Juice available daily				
Miss RUBY'S GRILL	Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun & & Served on WG Bun	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Served on Wg Bun	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Served on WG Bun	Meatball Sliders baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese Served on WG Mini Buns	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in- house on a roll	
	Available Daily: Hambu	ırgers, Cheeseburgers, Turl	key Burgers, Veggie Burgers	, Chicken Patties and Spicy (Served on WG Bun Chicken Sandwiches	
Coyote GRILL	Nachos with Cheese creamy cheese layered over a bed of nachos	Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house	Chimichanga freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa	Turkey Taco Salad baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream	Veggie Bean Quesadilla hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers (2) (2)	
	Available Daily: Nachos, Cr	ipsy and Soft Tacos, Mexi-Ri	ce with your choice of Mexi E	Beef, Mexi Chicken, Mexi Veg	, Refried Beans, Cheese	
World Total	Pasta & Broccoli with Garlic & Oil al dente pasta with broccoli sauteed in garlic and olive oil 6 9	Chicken Stir Fry chicken stir fry with oriental mixed vegetables in a sesame garlic sauce & Brown Rice	Chicken Bowl with Cheese popcom chicken layered with mashed potatoes and com, covewed in heliee (1881)	Pasta & Meatballs freshly baked meatballs with tomato sauce over w ਉਸੰਜਿਵਾਨੇ।	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken & WG Dinner Roll	
da CUCINA	Meatball Calzone fresh prepared dough lightly brushed with garlic and oil, rolled with lowfat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano	Chicken & Cheese Stromboli Chicken and melted cheese wrapped in pizza dough 🞅	Santa Margarita Pizza whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce popularia Calzone popularia Calzone popularia control pizza Calzone popularia crustos pizza Calzone pi	Buffalo Chicken Stromboli handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection	Pizza Calzone folded whole grain pizza dough filled with ricotta cheese and caramelized onions 🚱 🤔	
	Available Da	ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza al	featuring whole grain rich p		
Fresh GARDEN	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions @ >> WG Dinner Roll	Garden Salad Entree fresh garden salad topped with meat @ WG Dinner Roll	Mexican Salad Salad with beans, corn, sour cream, and salsa Mey WG Dinner Roll	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken WG Dimer Roll	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with wdir្សាឧកខៅដូច្នា	
	Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and					
Great SAMERICAN SANDWICH CO.	Egg Salad Wrap freshly made egg salad with lettuce and tomato in a soft tortilla wrap 🚱 🤔	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	The Harvest Classic freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes	Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread	Chicken Bacon Sandwich tender, crispy chicken patty topped with crispy bacon and leaf lettuce 🤭	
	Available Daily: Assorted	Boars Head cold cuts, chee		read, rolls and wraps along v		
WHITSONS' SIVIP	PLY ROOT	PED At least to		choice, fresh veggie choice, fresl : 1% low fat unflavored, fat free		

We are Simply Rooted $^{\mathsf{TM}}$ 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. At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.









Welcome to our Lunch Cafe

10/8/2018 - 10/12/2018

Healthy MARVEST Presh, RUBY'S GRILL	, chilled Fruit, 100% Juice area avail.	Side Salad side salad with tomato and cucumber Steamed Carrots Red Pepper Strips Fresh Pear	Side Salad side salad with tomato and cucumber Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes	Side Salad side salad with tomato and cucumber Garbanzo Beans Cucumber Coins Fresh Melon Cup	Side Salad side salad with tomato and cucumber Steamed Broccoli Tomato Salad Watermelon Cup	
	, chilled Fruit, 100% Juice area avail	Bacon Cheeseburger				
Miss RUBY'S GRILL						
		and bacon on a freshly toasted bun	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house	Turkey Burger grilled turkey burger on a whole wheat bun with cheese Spicy Chicken Sandwich	Meatball Sliders baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese	
Avai	ilable Daily: Hamburgers	s, Cheeseburgers, Turkey B	l urgers, Veggie Burgers, Chic	ken Patties and Spicy Chicke	en Sandwiches all served	
Coyote GRILL		Chimichanga freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa Nachos Grande	Gluten Free Chicken & Cheese Quesadilla quesadilla with chicken strips and cheddar cheese Nachos Grande	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce	Veggie Bean Quesadilla hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers () Nachos Grande	
Avail	Available Daily: Nachos, Cripsyand Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa					
World TATE		Baked Chicken Breast Baked Chicken Breast French Bread	Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🔗 💸	Chicken Fajita Mac & Cheese steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house &	Crispy Popcom Chicken crispy breaded chicken bites baked to perfection WG Dinner Roll	
2ª CUCINA		Buffalo Chicken Stromboli handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection p	Pizza with Black Olives cheese pizza topped with black olives @ 69	Buffalo Chicken Stromboli handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection 69	Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese	
	Available Dai	ly: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza all	featuring whole grain rich p	izza dough	
Fresh GARDEN		Garden Salad with Cheese Entree fresh garden salad topped with cheese @ 69 WG Dinner Roll	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions @ ** WG Dinner Roll	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls MG Dinner Roll	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken B WG Dinner Roll	
Ava	nilable Daily: An array of	seasonal produce, grilled ch	icken and mixed salads. Cho	ice of all natural dressing, w	hole grain dinner roll and	
Great Samurch co.		Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap	Ham & Cheese Wrap	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato 🤧	
SIMPL		·		olls and wraps along with ve	• •	

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Welcome to our Lunch Cafe

10/15/2018 - 10/19/2018

WHITSONS"

Monday **Tuesday** Wednesday **Thursday** Friday Steamed Carrots side salad with tomato and Red Pepper Strips side salad with tomato and side salad with tomato and side salad with tomato and Side Salad cucumber cucumber cucumber cucumber Fresh Grapes Sriracha Garbanzo Beans Steamed Broccoli Fiesta Com Green Beans Celery Sticks Fresh Banana Green Pepper Slices Tomato Salad **Cucumber Coins** Fresh Apple Strawberry Cup Pineapple Fresh, Chilled or 100% Juice available daily Cheesy Veggie Burger Turkey Burger Philly Cheese Steak BBQ Chicken Blazin Buffalo Chicken thinly sliced beef topped warm veggie burger grilled turkey burger on a chicken coated in BBQ Sliders topped with melted cheese buffalo chicken strips whole wheat bun with with sauteed peppers, sauce on a soft bun 👩 🚷 cheese onions and melted cheese topped with cheddar on a lightly toasted bun cheese on mini hamburger WW Bun WW Club Roll prepared in-house buns WW Mini Buns Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches served Fiesta Taco Salad Mexican Style Chicken Cheese Quesadilla Nachos Grande Chicken Fajita Wrap tortilla chips topped with homemade crunchy tortilla diced chicken cooked with seasoned chicken with freshly grilled flour tortilla with melty cheese 👩 freshly prepared mexi style bowl filled with fiesta style mexican style spices 🥱 sauteed onions and Couote meat and cheese sauce 🤗 beef, crisp cucumbers, peppers topped with tomatoes, lettuce and tomato, lettuce, and shredded cheddar cheese cheese on a tortilla prepared in-house Available Daily: Nachos, Cripsyand Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Che Baked Pasta with Chicken Parmesan Barbecue Rib Sandwich Chicken Fajita Mac & Meatball Hero freshly baked meatballs Cheese Cheese Sandwich warm BBQ rib patty on a pasta topped with melted steamy pasta enrobed in World 🏋 🤻 warm chicken patty bun prepared in-house mixed in a rich tomato cheese, baked to creamy cheese sauce smothered in tomato sauce inside a soft roll served on WW Club Roll perfection @ 👸 🚷 topped with diced sauce, topped with melted topped with melted seasoned chicken cheese assembled inmozzarella 🤭 🚫 prepared in-house 🤗 house on a roll served on WW Kaiser Roll Served with WG Dinner Roll serevd on WW Bun BBQ Chicken Pizza Buffalo Chicken Santa Margarita Pizza Meatball Calzone Pizza Calzone freshly prepared pizza Stromboli fresh prepared dough folded whole grain pizza whole wheat pizza crust dough topped with BBQ handcrafted garlic pizza lightly brushed with garlic dough filled with ricotta topped with shredded sauce, mozzarella, dough wrapped around and oil, rolled with low fat cheese and caramelized mozzarella, plum onions 👩 🤭 zesty buffalo chicken, cheddar, chicken strips, seasoned ricotta and tomatoes and tomato and red onion melted mozzarella mozzarella cheeses, sauce 🕜 🤭 cheese, rich tomato sauce meatball slices, basil and Pizza Calzone @ 69 and baked to perfection 🙉 oregano 🙉 Pizza Calzone 🙉 Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Salad Plate With Crispy Chicken Caesar Salad Garden Salad Entree Mexican Salad Garden Salad with Salad with beans, corn. fresh garden salad topped Chicken fresh romaine topped with Cheese Entree Fresh sour cream, and salsa 🤭 fresh garden salad topped parmesan cheese, fresh garden salad topped with meat 6 chicken, and croutons with with baked crispy chicken with cheese 👩 🤔 Dinner Rolls Dinner Rolls GARDEN 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 roll and Chicken Caesar Wrap Buffalo Chicken Wrap Turkey and Cheese Melt Tuna Salad Wrap' Ham & Cheese Triple warm chicken marinated in freshly made tortilla wrap Decker Sandwich thinly sliced turkey breast fresh chunky tuna salad triple stacked thinly sliced filled with sliced chicken, Buffalo sauce wrapped in a and melted American with field greens and Great crisp lettuce, and cheese tortilla with lettuce and cheese on toasty bread tomatoes served in a wrap ham, cheese, crisp lettuce topped with low-fat Caesar tomato 🤭 and ripe red tomato dressing 👸 between 3 slices of soft bread 👩 🤭 Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice 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



in 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







Welcome to our Lunch Cafe

Monday **Tuesday** Wednesday Thursday Friday Celery Sticks Side Salad Side Salad side salad with tomato and cucumber Pineapple cucumber cucumber cucumber Sweet Potato Fries Garbanzo Beans Steamed Broccoli Green Beans Steamed Carrots Celery Sticks Fresh Banana Cucumber Coins Celery & Carrot Sticks w/ Steamed Peas Fresh Melon Cup Low Fat Dressing Fresh Orange Fresh Grapes Fresh, Chilled Fruit and 100% Juice available daily Bacon Cheeseburger **BLT Burger** Middle Eastern Veggie BBQ Chicken Sandwich Meatball Sliders Burger burger topped with cheese warm baked chicken freshly prepared burger baked, sliced meatballs hand crafted veggie burger topped with crispy bacon, and bacon on a freshly smothered in BBQ sauce topped with tomato sauce. topped with creamy toasted bun on a bun and prepared inlettuce, tomato and mayo mozzarella and parmesan on a freshly toasted bun 🙉 hummus, crisp lettuce and house cheese served on WW Bun tomato on top a soft bun 🍘 served on WW Bun Served on WW Bun erved on WW Slider Buns served on WW Bun Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwich served on Chicken Fajita Wrap Veggie Bean Quesadilla Turkey Taco Salad Chimichanga Nachos Grande baked tortilla shell filled freshly made crispy tortilla seasoned chicken with tortilla chips topped with hand crafted cheesy quesadilla, stuffed with with lettuce, beans, turkey filled with Mexican style sauteed onions and freshly prepared mexi style Couote meat, beans and chéese, meat and cheese sauce 🧑 taco meat, pico de gallo, peppers topped with bĺack beans, onions and sauteed peppers 👩 🤭 shredded cheddar, and topped with sour cream tomato, lettuce, and sour cream and salsa 🤭 cheese on a tortilla prepared in-house 🤭 ground turkey Available Daily: Nachos, Cripsyand Soft Tacos, Mexi-Rice with your choice of Mexi B ef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Ch General Tso's Chicken Baked Chicken Breast Chicken Fajita Mac & Pasta & Meatballs Crispy Popcom Chicken crispy chicken with broccoli freshly baked meatballs Baked Chicken Breast Cheese crispy breaded chicken in General Tso's sauce 🤗 steamy pasta enrobed in bites baked to perfection World 🏋 🤻 French Bread with fomato sauce over pasta 🤭 👧 creamy cheese sauce French Bread 1/2 c Brown Rice topped with diced Whole Wheat Dinner Roll seasoned chicken prepared in-house 🤗 French Bread ved on WW Roll BBQ Chicken Pizza Pizza Calzone Grandma Pizza Sicilian Chicken & Cheese Margherita Pizza Stromboli freshly prepared pizza folded whole grain pizza Style freshly prepared dough dough topped with BBQ dough filled with ricotta pizza dough topped with Chicken and melted lightly brushed with garlic sauce, mozzarella, cheese and caramelized tomato sauce and melted cheese wrapped in pizza and oil, topped with tomato onions 👩 🤭 cheese 🕜 🤭 dough 👸 cheddar, chicken strips, sauce, mozzarella cheese, and red onion fresh tomatoes and basil Pizza Dough with the above **@ @** vegetables and pepperoni Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Salad Plate With Crispy Chicken Caesar Salad Garden Salad Entree Garden Salad with Greek Salad Chicken fresh garden salad topped romaine lettuce with fresh romaine topped with Cheese Entree Fresh fresh garden salad topped parmesan cheese, with meat fresh garden salad topped cucumbers, tomatoes, feta with baked crispy chicken with cheese 👩 🤭 chicken, and croutons with cheese, black olives and Dinner Rolls red onions 👩 🤭 GARDEN dinner rolls Dinner Rolls Dinner Rolls Dinner Rolls Dinner Rolls ww WW Your choice of Diced Turkey or Diced Ham Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and Tuna Salad Wrap* The Harvest Classic Egg Salad Wrap Grilled Turkey & Bacon Chicken Caesar Wrap freshly made egg salad freshly made tortilla wrap fresh chunky tuna salad freshly prepared tortilla Melt gooey cheese with layers with field greens and wrap with thinly sliced ham, with lettuce and tomato in a filled with sliced chicken, Great soft tortilla wrap 👩 🤭 tomatoes served in a wrap mozzarella cheese, tossed of turkey and crisp bacon crisp lettuce, and cheese greens and juicy tomatoes melted between two slices topped with low-fat Caesar dressing 👸 of toasty bread **P** Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings

WHITSONS" in food & family

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Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice 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

10/29/2018 - 10/31/2018

ja kiri karanta karant	Monday Side Corden Soled	Tuesday Side Salad	Wednesday	Thursday	Friday
Healthy MARVEST 9	Side Garden Salad fresh lettuce and tomato salad Broccoli Fresh Apple	side salad side salad with tomato and cucumber Steamed Carrots Fresh Pear	Side Salad side salad with tomato and cucumber Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes		
	Fresh, Chilled Fruit, 100% Juice	avalable daily			
	Cheesy Veggie Burger	Bacon Cheeseburger	BBQ Chicken Sandwich		
Miss RUBY'S	warm veggie burger topped with melted cheese on a soft bun 🚱 👏 Served on Whole Wheat Bur	burger topped with cheese and bacon on a freshly toasted bun Served on Whole wheat B			
			Served on Whole Wheat Bu		
	Available Daily: Hamburge	rs, Cheeseburgers, Turkey	Burgers, Veggie Burgers, Ch	icken Patties and Spicy Chic	ken Sandwiches served
Coyote GRILL	Soft Tacos freshly prepared fiesta- style meat with melted cheese wrapped in a warm soft taco shell	Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house	Chimichanga freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa		
	Available Daily: Nachos	, Cripsy and Soft Tacos, Mexi-Rice with your cho	oice of Mexi Beef, Mexi Chicken, Beans, Cheese	Sauce and Shredded Cheddar Cheese and Sh	redded Lettuce, Salsa
World 🔭	Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream	Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta	Tangerine Dream Chicken Rice Bowl Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers		
de CUCINA	Meatball Calzone fresh prepared dough lightly brushed with garlic and oil, rolled with lowfat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano	Buffalo Chicken Stromboli handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection 69	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 6		
	Available Da	ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza all	featuring whole grain rich p	izza dough
Fresh A GARDEN	Mexican Salad Salad with beans, corn, sour cream, and salsa & Whole Wheat Dinner Roll	Garden Salad with Cheese Entree fresh garden salad topped with cheese po Dinner Rolls	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions polymer Rolls		
	Available Daily: An array of	seasonal produce, grilled ch	licken and mixed salads. Cho	l ice of all natural dressing, w	hole grain dinner roll and
Great Samerican	Turkey and Cheese Wrap thinly sliced turkey and cheese layered on a wrap	Egg Salad Wrap freshly made egg salad with lettuce and tomato in a soft tortilla wrap 🚱 🤔	The Harvest Classic freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tornatoes		

At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.







