Welcome to our Lunch Cafe

4/2/2018 - 4/6/2018

MCal .	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Harvest					
top up ug					
WHERE BURGERS ARE JUST THE BEGINNING					
	Available Daily	, Hamburgers, Cheeseburgers, TurkeyBur	gers, Veggie Burgers, Chicken Patties and	SpicyChicken Sandwiches all served on who	ole grain roll
Covote					
Coyote Grill					
This div					
	Available Daily: Nachos, Cripsyand So	oft Tacos, Mexi-Rice with your choice of Me	xi Beef, Mexi Chicken, Mexi Veg, Black Bea	ns, Cheese Sauce and Shredded Cheddar C	theese and Shredded Lettuce, Salsa
World Market					
Additional international Curisines					
Cucina					
BISTRO BISTRO					
	Available Da	ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza al	l featuring whole grain rich p	izza dough
Sensational Salads					
	Available Daily: Fresh Garden Sa	lad made to order with seasonal v	egetables, choice of shredded mo	zzarella or cheddar cheese, proteir	n selection includes: hard
AMERICAN					
SANDWICH CO.  THE BASE YOUR TASTE BUDS					
LIBERATE					
	Available Dailv: As	sorted cold cuts. cheeses a	nd whole grain rich bread. r	olls and wraps along with ve	getable toppings
		THE HOUSE AND ADDRESS OF THE PARTY OF THE PA			

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!











Welcome to our Lunch Cafe

4/9/2018 - 4/13/2018

Kat.	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Harvest	Side Salad side salad with tomato and cucumber Fiesta Corn Green Pepper Slices Fresh Apple	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  Cantaloupe	Side Salad side salad with tomato and cucumber Steamed Broccoli Tomato Salad Watermelon Cup
WHERE BURGES ARE JUST THE BEGINNING	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun	Buffalo Burger grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house French Bread	Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🚱 👏	Meatball Sliders baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese WG Slider Buns
	Available Daily: Hamburger	s, Cheeseburgers, Turkey B	urgers, Veggie Burgers, Chi	cken Patties and Spicy Chick	en Sandwiches all served
Coyote Grill	Turkey Taco Salad baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream	Chimichanga freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa Ground Turkey	Gluten Free Chicken & Cheese Quesadilla quesadilla with chicken strips and cheddar cheese	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 69	Veggie Bean Quesadilla hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers @ 69
			i Beef, Mexi Chicken, Mexi Veg, Refried Bea		
World Market  Fall the stronger Gustry  H. S.	St. Louis BBQ Rib Sandwich* boneless ribs in bbq sauce with cheddar and onion rings on a bun		Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta & & ved with Whole Grain ner Roll	Chicken Fajita Mac & Cheese steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house French Bread	Crispy Popcom Chicken crispy breaded chicken bites baked to perfection French Bread
Lacucina HALLAN BISTRO	Pepperoni Pizza Pops freshly prepared garlic pizza dough stuffed with mozzarella cheese, rich tomato sauce, pepperoni and spices	Three Cheese Calzone calzone stuffed with three delicious melted cheeses	Pizza with Black Olives cheese pizza topped with black olives @ 6	3 Cheese Stromboli rolled pizza crust stuffed with mozzarella, parmesan and cheddar cheeses @ 69	Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces %
	Available Da	ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza al	featuring whole grain rich p	izza dough
Sensational Salads	Turkey Salad Plate with Dinner Rolls classic turkey salad on a bed of greens with carrots, cucumbers, and tomatoes	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions  Dinner Rolls	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes Dinner Rolls	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken Dinner Rolls
		der with seasonal vegetables serve	ed with choice of shredded mozza		ce, hard boiled egg, turkey,
AMERICAN SANDWICH CO.	Ham & Cheese Panini thinly sliced ham and melted cheese on panini bread served hot and toasty p	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	Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread	Egg Salad Sandwich freshly made sandwich with house prepared egg salad
	Available Daily: As	sorted cold cuts, cheeses a	nd whole grain rich bread, r		
WHITSONS' STVP	IVROOT	NEID ALLERY	Meal price includes: protein wo types of milk available daily	choice, fresh veggie choice, fres	

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!









Welcome to our Lunch Cafe

4/16/2018 - 4/20/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	
Healthy Harvest	Side Salad side salad with tomato and cucumber Fiesta Com Green Pepper Slices Fresh Apple	Steamed Carrots fresh steamed carrots Red Pepper Strips Side Salad Fresh Grapes	Side Salad side salad with tomato and cucumber Green Beans Tomato Salad Strawberry Cup	Side Salad side salad with tomato and cucumber Sriracha Garbanzo Beans Cucumber Coins Pineapple	Side Salad side salad with tomato and cucumber Steamed Broccoli Celery Sticks Fresh Banana	
ERUBUS WHERE BURGERS ARE JUST THE BEGINNING	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 69	Stuffed Bread Sticks baked bread sticks filled with melted cheese	BBQ Chicken chicken coated in BBQ sauce French Bread	Blazin Buffalo Chicken Sliders buffalo chicken strips topped with cheddar cheese on mini hamburge. buns	
	Available Daily: Hamburge	rs, Cheeseburgers, Turkey	Burgers, Veggie Burgers, Ch	nicken Patties and Spicy Chic	ken Sandwiches served	
Coyote Grill Suchweiter, curian with a bire	Organic Veggie Burrito organic pinto beans and shredded cheddar cheese wrapped in a warm tortilla	Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 69	Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house	Cheese Quesadilla freshly grilled flour tortilla with melty cheese	
	Available Daily: Nachos, Cripsyand Sof	t Tacos, Mexi-Rice with your choice of Mex	i Beef, Mexi Chicken, Mexi Veg, Refried Bea	I ans, Cheese Sauce and Shredded Cheddar	Cheese and Shredded Lettuce, Salsa	
World Market  Watah was beet	Tangerine Chicken WG breaded chicken in a tangerine sauce Brown Rice	Chicken Fajita Mac & Cheese steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared with hiddle Grad Dinner Roll	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese and assembled in- n house on a roll	Barbecque Rib Sandwich warm BBQ rib patty on a bun prepared in-house	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🔗 🗞	
La Cucina ITALIAN BISTRO	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion		fresh prepared dough lightly brushed with garlic and oil, rolled with lowfat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano		Santa Margarita Pizza whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce 🚱 🤔	
			-	featuring whole grain rich p		
Sensational Salads	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken WG Dinner Rolls	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls WG Dinner Rolls	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions @ 69 WG Dinner Rolls	Spinach Salad spinach topped with crumbled bacon, mushrooms, and red onion & Shredded Mozzarella Cheese WG Dinner Rolls	Garden Salad Entree fresh garden salad topped with meat 69 WG Dinner Rolls	
	Fresh Garden salad made to ord	er served with seasonal vegetables	s, choice of shredded cheddar or i	DITHEL INHS	Hard Boiled Egg, Turkey, Ham	
AMERICAN SANDWICH CO.	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	Vegetarian Wrap freshly made tortilla wrap spread with hummus and topped with crispy cucumbers, tomatoes, red onions and cheese 🏈 🤔	Turkey and Cheese Melt thinly sliced turkey breast and melted American cheese on toasty bread	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato	Ham & Cheese Triple Decker Sandwich triple stacked thinly sliced ham, cheese, crisp lettuce and ripe red tomato between 3 slices of soft bread p	
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
WHITSONS' STMP	LY ROO	At least to	Meal price includes: protein wo types of milk available daily	choice, fresh veggie choice, fres : 1% low fat unflavored, fat free : protein choice, whole grain ite	h fruit choice & bread choice. flavored, fat free unflavored.	

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Welcome to our Lunch Cafe

4/23/2018 - 4/27/2018

i de la companya de l	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Harvest	Side Salad side salad with tomato and cucumber Green Beans Cucumber Coins Fresh Melon Cup	Celery Sticks Side Salad Steamed Carrots Pineapple	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 Steamed Peas Fresh Orange	Side Salad side salad with tomato and cucumber Steamed Broccoli Celery Sticks Fresh Banana
ERUBUS WHERE BURGERS ARE JUST THE BEGINNING	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun served on WG Bun	Buffalo Burger grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a 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	Middle Eastem Veggie Burger hand crafted veggie burger topped with creamy hummus, crisp lettuce and tomato on top a soft bun	Meatball Sliders baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese Served on WG Slider
	Available Daily: Hamburge	re Chaneaburgare Turkov	Burgers, Veggie Burgers, Ch	Served on WG Bun	Buns
Coyote Grill Smither to training	Turkey Taco Salad baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream	Chimichanga freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa	Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce g	Veggie Bean Quesadilla hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers @ 69
	Available Daily: Nachos, Cripsyand Soi	ft Tacos, Mexi-Rice with your choice of Mex	d Beef, Mexi Chicken, Mexi Veg, Refried Be	ans, Cheese Sauce and Shredded Cheddar	Cheese and Shredded Lettuce, Salsa
World Market  With the back to be the second to be the se	St. Louis BBQ Rib Sandwich* boneless ribs in bbq sauce with cheddar and onion rings on a bun served on WG Roll	Baked Chicken Breast Baked Chicken Breast French Bread	Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta & & Whole Wheat Dinner Roll	Chicken Fajita Mac & Cheese steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house French Bread	Crispy Popcom Chicken crispy breaded chicken bites baked to perfection French Bread
La Cucina FIALIAN BISTRO	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 69	Pizza Salad tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens Pizza Dough with the above vegetables and	Grandma Pizza Sicilian Style pizza dough topped with tomato sauce and melted cheese  P	Chicken & Cheese Stromboli Chicken and melted cheese wrapped in pizza dough &	Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil
	Available Da	penperoni ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza all	featuring whole grain rich p	
Sensational Salads	Turkey Salad Plate with Dinner Rolls classic turkey salad on a bed of greens with carrots, cucumbers, and tomatoes WG Dinner Rolls	Mexican Salad Salad with beans, corn, sour cream, and salsa & WG Dinner Rolls	Garden Salad Entree fresh garden salad topped with meat pp WG Dinner Rolls  Your choice of Diced Turkey or Diced Ham	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions (2) (2) WG Dinner Rolls	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken WG Dinner Rolls
	Fresh Garden Salad with seasonale	vegetables, your protein choice of Ha	m, Turkey, Chicken or Hard Boiled Eg	g, all served withWG Dinner Rolls	
AMERICAN SANDVICHCO.	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap	The Harvest Classic freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes	Egg Salad Wrap freshly made egg salad with lettuce and tomato in a soft tortilla wrap 🚱 🤔	Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread	Egg Salad Wrap freshly made egg salad with lettuce and tomato in a soft tortilla wrap 🏈 🤔
	Available Daily: As	sorted cold cuts, cheeses a	nd whole grain rich bread, r	 olls and wraps along with ve	egetable toppings
WHITSONS' SIVIP	LY ROO in food of	<b>ED</b> At least to		choice, fresh veggie choice, fres : 1% low fat unflavored, fat free	h fruit choice & bread choice. e flavored, fat free unflavored.

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Welcome to our Lunch Cafe

4/30/2018 - 4/30/2018

Side Said with monto and cocomber Float Corn Popper Sides Final Corn Final Cor	in the time of the second	Monday Side Salad	Tuesday	Wednesday	Thursday	Friday
warm baked chicken snohead in BBO sauce on a bun and prepared in- house  Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggle Burgers, Chicken Pattles and Spicy Chicken Sandwiches served  Organic Veggle Burito organic print beams and structed cheeder cheese wapped in a warm torilla  ***Answellibity Busin, Cury and and Ture, Wardier alls you bear all structed decident cheese wapped in a warm torilla  ***BBO, Chicken in a largerine sauce Brown Rice  ***BBO, Chicken Press depth sauce of sauce o	Healthy Harvest	side salad with tomato and cucumber Fiesta Com Green Pepper Slices				
Organic Veggie Burnto Organic pinto beans and sirededed checked cheeses wapped in a warm tortilla  Artitation Sale, Matha. Class and Salt New. Nov. Mice with your cast of Novi Sart New Claice. Sales. Claice.  Tangerine Chicken MG breaded chicken in a fangerine sauce Brown Rice  BBQ Chicken Pizza fashly prepared pizza dough topped with BBQ Sauce, mozzarella, checker, chicken ships, and red onlon  Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough  Salad Plate (With Crispy Chicken fiest garden salad topped with baked drispy chicken Dinner Rolls  Treal cards stat mate order with issued averaged as saved with chois-offeeded mozaella, checker cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough  Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough  Chicken fiest garden salad topped with baked crispy whichen Dinner Rolls  Treal cards stat mate order with issued vegetables saved with chois-offeeded mozaella, checker choise-off fam Tiskey, hand Belot Egger Chicken saved with WO  Chicken Caesear Wrep field with slided chicken, crisp letting, and cheese topped with lowfat Caesar dressing of	ERUBUS WHERE BURGERS THE BURGE	warm baked chicken smothered in BBQ sauce on a bun and prepared in-				
organic pinto beans and support of the control of t			rs, Cheeseburgers, Turkey	Burgers, Veggie Burgers, Ch	nicken Patties and Spicy Chic	ken Sandwiches served
Tangerine Chicken in a tangerine sauce Brown Rice  BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, morzarella, cheddar, chicken strips, and red onion Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Chicken strips, and red onion Chicken fresh garden salad topped with baked crispy chicken fresh garden salad made to order with saeonal vegetables served with choice of streetling checkler cheese. Pretrin choice of Ham Turkey, hard Railed Fig or Chicken served with WG  Chicken Caesar Wrap freshly made to trillia wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing of the control o	Coyote Grill Southergreen, quine with a brie	organic pinto beans and shredded cheddar cheese wrapped in a warm tortilla				
BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion of the chicken strips.		Available Daily: Nachos	s, Cripsy and Soft Tacos, Mexi-Rice with your cho	oice of Mexi Beef, Mexi Chicken, Beans, Cheese	Sauce and Shredded Cheddar Cheese and Shr	redded Lettuce, Salsa
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion   Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough  Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken Dinner Rolls  Fresh Garden Salad made to order with sessonal vegetables served with choice of shredded mozarella, cheddar cheese, Protein choice of Ham, Turkey, harad Boiled Egg or Chicken served with WG  Chicken Caesar Wrap freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing freshly made to trilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with sliced chic	+ World Market )+ )	WG breaded chicken in a tangerine sauce				
Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken Dinner Rolls  Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar cheese, Protein choice of Ham Turkey, harad Boiled Egg or Chicken served with WG  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	Lacucina Hallan BISTRO	freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips,				
Chicken fresh garden salad topped with baked crispy chicken Dinner Rolls  Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar cheese, Protein choice of Ham Turkey, harad Boiled Egg or Chicken served with WG  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing		Available Da	ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza al	l featuring whole grain rich p	izza dough
Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	Sensational Salads	Chicken fresh garden salad topped with baked crispy chicken				
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing		Fresh Garden Salad made to order with	n seasonal vegetables served with choice	ofshredded mozzarella, cheddar cheese, F	Protein choice of Ham, Turkey, harad Boild	ed Egg or Chicken served with WG
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings	AMERICAN SANDWICH CO.	freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar				
THE PARTY OF THE P		Available Daily: Ass	sorted cold cuts, cheeses a	nd whole grain rich bread, r	olls and wraps along with ve	egetable toppings

WHITSONS

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

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