








Lawrence High School

5/1/2018 - 5/4/2018

Welcome to our
Lunch Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday
		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 Steamed Peas Fresh Orange	Side Salad side salad with tomato and cucumber Steamed Broccoli Celery Sticks Fresh Banana
	Fresh, Chilled Fruit and 100 Juice available daily				
		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 Cheesy Veggie Burger Served on WG Bun	Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun Meatball Sliders Served on WG Mini Buns	Buffalo Burger grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun Cheesy Veggie Burger Served on WG Bun
	Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches				
		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
	Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese				
		Tangerine Chicken WG breaded chicken in a tangerine sauce Brown Rice	Crispy Popcorn Chicken crispy breaded chicken bites baked to perfection French Bread	Baked Chicken Breast Baked Chicken Breast French Bread	St. Louis BBQ Rib Sandwich* boneless ribs in bbq sauce with cheddar and onion rings on a bun Served on WG Club Roll
		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 Pizza Calzone	Buffalo Chicken Stromboli handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection	Meatball Calzone fresh prepared dough lightly brushed with garlic and oil, rolled with lowfat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
		House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing Dinner Rolls accompaniment of dinner rolls	Turkey Salad Plate with Dinner Rolls classic turkey salad on a bed of greens with carrots, cucumbers, and tomatoes Dinner Rolls	Garden Salad Entree fresh garden salad topped with meat Dinner Rolls	Mexican Salad Salad with beans, corn, sour cream, and salsa Dinner Rolls
		Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Egg Salad Wrap	The Harvest Classic freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes Egg Salad Wrap	Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread Egg Salad Wrap	Egg Salad Wrap freshly made egg salad with lettuce and tomato in a soft tortilla wrap Chicken Bacon Sandwich Chicken Bacon Sandwich
	Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings				

WHITSON'S
School Nutrition

SIMPLY ROOTED

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!

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

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  VEGAN  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

5/7/2018 - 5/11/2018

Welcome to our
Lunch Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday
	Side Salad <i>side salad with tomato and cucumber</i> Fiesta Corn Green Pepper Slices Fresh Apple	Side Salad <i>side salad with tomato and cucumber</i> Steamed Carrots Red Pepper Strips Fresh Pear	Side Salad <i>side salad with tomato and cucumber</i> Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes	Side Salad <i>side salad with tomato and cucumber</i> Garbanzo Beans Cucumber Coins Fresh Melon Cup Cantaloupe	Side Salad <i>side salad with tomato and cucumber</i> Steamed Broccoli Tomato Salad Watermelon Cup
	Fresh, chilled Fruit, 100% Juice area available daily				
	Cheesy Veggie Burger <i>warm veggie burger topped with melted cheese on a soft bun</i>	Buffalo Burger <i>grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun</i>	BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i>	Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i> Spicy Chicken Sandwich	Meatball Sliders <i>baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese</i> WW Slider Buns
	Served on WW Bun	Served on WW Bun	Served on WW Bun	Served on WW Bun	
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served					
	Organic Veggie Burrito <i>organic pinto beans and shredded cheddar cheese wrapped in a warm tortilla</i>	Chimichanga <i>freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa</i> Nachos Grande	Gluten Free Chicken & Cheese Quesadilla <i>quesadilla with chicken strips and cheddar cheese</i> Nachos Grande	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i>	Veggie Bean Quesadilla <i>hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i> Nachos Grande
		Ground Turkey		Ground Turkey	
Available Daily: Nachos, Cripsy and Soft Tacos, Mex-Rice with your choice of Mex Beef, Mex Chicken, Mex Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa					
	Baked Pasta with Cheese <i>pasta topped with melted cheese, baked to perfection</i> French Bread	Baked Chicken Breast <i>Baked Chicken Breast</i> French Bread	Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i>	Chicken Fajita Mac & Cheese <i>steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house</i> French Bread	Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i> French Bread
		Served with WW Dinner Roll			
	Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and caramelized onions</i>	Buffalo Chicken Stromboli <i>handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection</i>	Pizza with Black Olives <i>cheese pizza topped with black olives</i>	Buffalo Chicken Stromboli <i>handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection</i>	Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> Dinner Rolls	Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i> Dinner Rolls	Buffalo Chicken Salad <i>with Dinner Rolls</i> spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes Dinner Rolls 	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> Dinner Rolls	Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i> Dinner Rolls
	WW		WW	WW	
Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar cheese, protein choice, hard boiled egg, turkey.					
	Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> Egg Salad Wrap Buffalo Chicken Wrap	Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> Buffalo Chicken Wrap	Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> Tuna Salad Wrap* Buffalo Chicken Wrap	Grilled Turkey & Bacon Melt <i>gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread</i> Chicken Caesar Wrap Buffalo Chicken Wrap	Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> Buffalo Chicken Wrap
	Buffalo Chicken Wrap		Buffalo Chicken Wrap	Buffalo Chicken Wrap	
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					

WHITSON'S
School Nutrition






SIMPLY ROOTED

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 VEGETARIAN
  MADE WITH NATURAL INGREDIENTS
  PORK
  VEGAN
  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

5/14/2018 - 5/18/2018

Welcome to our
Lunch Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday
	Side Salad <i>side salad with tomato and cucumber</i> Fiesta Corn Green Pepper Slices Fresh Apple	Steamed Carrots <i>fresh steamed carrots</i> Red Pepper Strips Side Salad Fresh Grapes	Side Salad <i>side salad with tomato and cucumber</i> Green Beans Tomato Salad Strawberry Cup	Side Salad <i>side salad with tomato and cucumber</i> Sriracha Garbanzo Beans Cucumber Coins Pineapple	Side Salad <i>side salad with tomato and cucumber</i> Steamed Broccoli Celery Sticks Fresh Banana
	Fresh, Chilled or 100% Juice available daily				
	Cheesy Veggie Burger <i>warm veggie burger topped with melted cheese on a soft bun</i>   WW Bun	Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i> Philly Cheese Steak  WW Club Roll	Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i> Stuffed Bread Sticks 	Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i> BBQ Chicken French Bread	Blazin Buffalo Chicken Sliders <i>buffalo chicken strips topped with cheddar cheese on mini hamburger buns</i> WW Mini Buns
	Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches served				
	Organic Veggie Burrito <i>organic pinto beans and shredded cheddar cheese wrapped in a warm tortilla</i>   Nachos Grande 	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i>  Fiesta Taco Salad  Ground Turkey	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i>  Chicken Fajita Wrap 	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i>  Cheese Quesadilla 
	Available Daily: Nachos, Cripsy and Soft Tacos, Mex-Rice with your choice of Mex Beef, Mex Chicken, Mex Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa				
	Tangerine Chicken <i>WG breaded chicken in a tangerine sauce</i> Brown Rice	Chicken Fajita Mac & Cheese <i>steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house</i>  Served with Whole Grain Dinner Roll	Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i> served on WW Bun	Barbecque Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i> served on WW Club Roll	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i>   served on WW Kaiser Roll
	BBQ Chicken Pizza <i>freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion</i>  Pizza Calzone <i>folded whole grain pizza</i>	Buffalo Chicken Stromboli <i>handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection</i>  Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough	Meatball Calzone <i>fresh prepared dough lightly brushed with garlic and oil, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano</i> 	Buffalo Chicken Stromboli <i>handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection</i>  Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough	Santa Margarita Pizza <i>whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce</i>   Pizza Calzone <i>folded whole grain pizza</i>
	Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i>  WW Dinner Rolls WW	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i>   WW Dinner Rolls WW	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i>   WW Dinner Rolls WW	Spinach Salad <i>spinach topped with crumbled bacon, mushrooms, and red onion</i>  Shredded Mozzarella Cheese Dinner Rolls	Garden Salad Entree <i>fresh garden salad topped with meat</i>  Dinner Rolls
	Fresh Garden salad made to order served with seasonal vegetables, choice of shredded cheddar or mozzarella cheese, protein choice Hard Boiled Egg, Turkey, Ham				
	Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> 	Vegetarian Wrap <i>freshly made tortilla wrap spread with hummus and topped with crispy cucumbers, tomatoes, red onions and cheese</i>   Chicken Caesar Wrap 	Turkey and Cheese Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i> Chicken Caesar Wrap  Buffalo Chicken Wrap 	Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i>  Buffalo Chicken Wrap 	Ham & Cheese Triple Decker Sandwich <i>triple stacked thinly sliced ham, cheese, crisp lettuce and ripe red tomato between 3 slices of soft bread</i>   Chicken Caesar Wrap 
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings				

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  VEGAN  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

5/21/2018 - 5/25/2018

Welcome to our
Lunch Cafe

	Monday 	Tuesday	Wednesday	Thursday	Friday
	Side Salad <i>side salad with tomato and cucumber</i> Green Beans Cucumber Coins Fresh Melon Cup	Celery Sticks Side Salad Steamed Carrots Pineapple	Side Salad <i>side salad with tomato and cucumber</i> Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes	Side Salad <i>side salad with tomato and cucumber</i> Garbanzo Beans Steamed Peas Fresh Orange	Side Salad <i>side salad with tomato and cucumber</i> Steamed Broccoli Celery Sticks Fresh Banana
	Fresh, Chilled Fruit and 100% Juice available daily				
	Bacon Cheeseburger <i>burger topped with cheese and bacon on a freshly toasted bun</i> served on WW Bun	Buffalo Burger <i>grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun</i> served on WW Bun	BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> served on WW Bun	Cheesy Veggie Burger <i>warm veggie burger topped with melted cheese on a soft bun</i> Middle Eastern Veggie Burger Served on WW Bun	Meatball Sliders <i>baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese</i> Served on WW Slider
	Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwich served on				
	Turkey Taco Salad <i>baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream</i> served on WW Roll	Chimichanga <i>freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa</i> served on WW Bun	Chicken Fajita Wrap <i>seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house</i> served on WW Bun	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> ground turkey	Veggie Bean Quesadilla <i>hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i> served on WW Bun
	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				
	St. Louis BBQ Rib Sandwich* <i>boneless ribs in bbq sauce with cheddar and onion rings on a bun</i> served on WW Roll	Baked Chicken Breast <i>Baked Chicken Breast French Bread</i> served on WW Bun	Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> Whole Wheat Dinner Roll	Chicken Fajita Mac & Cheese <i>steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house</i> French Bread	Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i> French Bread
	BBQ Chicken Pizza <i>freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion</i> Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and pepperoni</i> Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough	Pizza Salad <i>tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens</i> Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and pepperoni</i> Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough	Grandma Pizza Sicilian Style <i>pizza dough topped with tomato sauce and melted cheese</i> Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and pepperoni</i> Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough	Chicken & Cheese Stromboli <i>Chicken and melted cheese wrapped in pizza dough</i> Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and pepperoni</i> Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough	Margherita Pizza <i>freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil</i> Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and pepperoni</i> Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough
	Turkey Salad Plate with Dinner Rolls <i>classic turkey salad on a bed of greens with carrots, cucumbers, and tomatoes</i> Dinner Rolls	Mexican Salad <i>Salad with beans, corn, sour cream, and salsa</i> Dinner Rolls	Garden Salad Entree <i>fresh garden salad topped with meat</i> Dinner Rolls	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> Dinner Rolls	Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i> Dinner Rolls
	Fresh Garden Salad with seasonale vegetables, your protein choice of Ham, Turkey, Chicken or Hard Boiled Egg, all served with WG Dinner Rolls				
	Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a wrap</i> served on WW Bun	The Harvest Classic <i>freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes</i> served on WW Bun	Egg Salad Wrap <i>freshly made egg salad with lettuce and tomato in a soft tortilla wrap</i> served on WW Bun	Grilled Turkey & Bacon Melt <i>goeey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread</i> served on WW Bun	Egg Salad Wrap <i>freshly made egg salad with lettuce and tomato in a soft tortilla wrap</i> served on WW Bun
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings				

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School Nutrition






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 VEGETARIAN
  MADE WITH NATURAL INGREDIENTS
  PORK
  VEGAN
  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

5/28/2018 - 5/31/2018

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Side Salad
side salad with tomato and cucumber
Steamed Broccoli
Tomato Salad
Watermelon Cup

Fresh, Chilled Fruit, 100% Juice available daily



Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun
Cheesy Veggie Burger
Served on Whole wheat Bun

Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun
Cheesy Veggie Burger
Served on Whole Wheat Bun

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house
Cheesy Veggie Burger
Served on Whole Wheat Bun

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



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

Veggie Bean Quesadilla
hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers

Av available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa



Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
French Bread

Tangerine Dream Chicken
Rice Bowl
Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers

Homemade Chicken
Empanadas
Flaky WG dough stuffed with shredded roasted chicken and chopped egg, marinated in spices



Buffalo Chicken Stromboli
handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection

BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

Santa Margarita Pizza
whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



House Chop Salad with Ham & Dinner Rolls
ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing
Dinner Rolls

Turkey Salad Plate with Dinner Rolls
classic turkey salad on a bed of greens with carrots, cucumbers, and tomatoes
Dinner Rolls

Garden Salad Entree
fresh garden salad topped with meat
Dinner Rolls

Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar cheese, Protein choice of Ham, Turkey, hard Boiled Egg or Chicken served with WG



Philly Cheese Steak
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house
Egg Salad Wrap
Served on WW Club Roll

The Harvest Classic
freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes
Egg Salad Wrap

Egg Salad Wrap
freshly made egg salad with lettuce and tomato in a soft tortilla wrap
Chicken Bacon Sandwich

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



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VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS