Welcome to our Lunch Cafe

5/1/2018 - 5/4/2018

trat .	Monday	Tuesday	Wednesday	Thursday	Friday	
Healthy Harvest		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 1	00 Juice available daily				
SERUBUS WHERE BURGERS ARE JUST THE SECTION HIS		BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in- house Served on Wg Bun Se	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Cheesy Veggie Burger rved on WG Bun	Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun & & Meatball Sliders  /ed on WG Mini Buns Serv	Buffalo Burger grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun of the Burger ed on WG Eggie Burger	
	Available Daily: Hambu	ırgers, Cheeseburgers, Turl	key Burgers, Veggie Burgers	, Chicken Patties and Spicy C		
Coyote Grill		Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house 6	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, Cr		ce with your choice of Mexi E			
World Market  History of the second of the s		Tangerine Chicken WG breaded chicken in a tangerine sauce Brown Rice	Crispy Popcom 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	
				Sen	red on WG Club Roll	
La Cucina FIALIAN BISTRO		Chicken & Cheese Stromboli Chicken and melted cheese wrapped in pizza dough 69	Santa Margarita Pizza whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce & & &	Buffalo Chicken Stromboli handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce	Meatball Calzone fresh prepared dough lightly brushed with garlic and oil, rolled with lowfat seasoned ricotta and mozzarella cheeses, meatball slices, basil and	
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
Sensational Salads	WG	House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing polinner Rolls accompaniment of dinner rolls	Turkey Salad Plate with Dinner Rolls classic turkey salad on a bed of greens with carrotal cucumbers, and tomatoes Dinner Rolls	Garden Salad Entree fresh garden salad topped with meat p p Dinner Rolls WG	Mexican Salad Salad with beans, com, sour cream, and salsa & Dinner Rolls	
AMERICAN SANDWICHCO.		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	Egg Salad Wrap freshly made egg salad with lettuce and tomato in a soft tortilla wrap 🎧 🤭 Chicken Bacon Sandwich 🤭	
	Available Daily Assorted	Egg Salad Wrap @ 6	Egg Salad Wrap @ 69 eses and whole grain rich br	Egg Salad Wrap @ 69	Chicken Bacon Sandwich	
O CIMD	T T T D	Onlow Sold Sales, Office		choice, fresh veggie choice, fresi		

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











Welcome to our Lunch Cafe

5/7/2018 - 5/11/2018

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad		
	side salad with tomato and	side salad with tomato and	side salad with tomato and	side salad with tomato and	side salad with tomato and		
Healthy Harvest	cucumber	cucumber	cucumber	cucumber	cucumber		
	Fiesta Com	Steamed Carrots	Sweet Potato Fries	Garbanzo Beans	Steamed Broccoli		
	Green Pepper Slices	Red Pepper Strips Fresh Pear	Celery & Carrot Sticks w/	Cucumber Coins Fresh Melon Cup	Tomato Salad Watermelon Cup		
	Fresh Apple	riesii real	Low Fat Dressing Fresh Grapes	riesii ivieloii Cup	waterneion cup		
			r restrictapes	Cantaloupe			
	Fresh, chilled Fruit, 100% Juice area avail		-				
	Cheesy Veggie Burger	Buffalo Burger	BBQ Chicken Sandwich	Turkey Burger	Meatball Sliders		
	warm veggie burger	grilled burger topped with	warm baked chicken	grilled turkey burger on a	baked, sliced meatballs		
ERUBUS WHERE BURGERS ARE JUST THE BEGINNING	topped with melted cheese	hot sauce and blue cheese	smothered in BBQ sauce	whole wheat bun with	topped with tomato sauce		
ELUDI J BEGINNING	on a soft bun 🕜 🚷	with lettuce and tomato on	on a bun and prepared in-	cheese	mozzarella and parmesa		
Serv	ed on WW Bun	a bun 🤭	house	Spicy Chicken Sandwich	cheese		
Serv	Se	ved on WW Bun Ser	ved on WW Bun Sen	red on WW Bun	WW Slider Buns		
	Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served						
	Organic Veggie Burrito	Chimichanga	Gluten Free Chicken &	Nachos Grande	Veggie Bean Quesadilla		
	organic pinto beans and	freshly made crispy tortilla	Cheese Quesadilla	tortilla chips topped with	hand crafted cheesy		
Covote	shredded cheddar cheese	filled with Mexican style	guesadilla with chicken	freshly prepared mexi style	quesadilla, stuffed with		
Grill H	wrapped in a warm tortilla	meat, beans and cheese,	strips and cheddar cheese	meat and cheese sauce	black beans, onions and		
Southwestern cuising	₩apped iii a waiiii toruna	topped with sour cream	Nachos Grande		sauteed peppers @ 69		
with a ofte	<b>W</b>	and salsa 😝			Nachos Grande		
		GroVaches Grande		Construe al Traditiona	1 taorios Siarios		
	Available Daily Nachos Crinsvand Sof	,	i Beef, Mexi Chicken, Mexi Veg, Refried Bea	Ground Turkey	Cheese and Shredded Lettuce Salsa		
	Baked Pasta with	Baked Chicken Breast	Pasta & Meatballs	Chicken Fajita Mac &	Crispy Popcorn Chicker		
	Cheese	Baked Chicken Breast	freshly baked meatballs	Cheese	crispy breaded chicken		
World Market	pasta topped with melted	French Bread	with tomato sauce over	steamy pasta enrobed in	bites baked to perfection		
*World Market *Valled in identical Cusins ***********************************	cheese, baked to		pasta 🤧 🚷	creamy cheese sauce	French Bread		
	perfection 🍘 🤭 🚷	c		topped with diced			
	French Bread		ved with WW Dinner	seasoned chicken			
		Rol		prepared in-house 🤭			
				French Bread			
	Pizza Calzone	Buffalo Chicken Stromboli	Pizza with Black Olives	Buffalo Chicken Stromboli	Chicken Parmesan		
121 0	folded whole grain pizza	handcrafted garlic pizza	cheese pizza topped with	handcrafted garlic pizza	Calzone		
Cucina	dough filled with ricotta	dough wrapped around	black olives 🍘 🤭	dough wrapped around	freshly prepared dough		
FIALIAN	cheese and caramelized	zesty buffalo chicken,		zesty buffalo chicken,	lightly brushed with oil &		
bis/ro	onions 🕜 🤭	melted mozzarella		melted mozzarella	garlic stuffed with chicken		
		cheese, rich tomato sauce		cheese, rich tomato sauce	breast topped with tomato		
	ļ	and baked to perfection 🥱		and baked to perfection 🥱	sauce, mozzarella & Parmesan cheese 🗪 🖎		
	Available Da	ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza all	featuring whole grain rich p			
	Greek Salad	Salad Plate With Crispy	Buffalo Chicken Salad	Chef Salad	Salad Plate With Crispy		
	romaine lettuce with	Chicken	with Dinner Rolls	fresh lettuce topped with	Chicken fresh garden salad topped		
			eniev chiekon on a had at				
Jensational	cucumbers, tomatoes, feta	fresh garden salad topped	spicy chicken on a bed of	sliced deli meats and	, ,		
Sensational Salads	cheese, black olives and	with baked crispy chicken	romaine lettuce with	cheeses p 🥱	, ,		
Salads	cheese, black olives and red onions 🚱 🤔	with baked crispy chicken	romaine lettuce with cucumbers, carrots and NV	cheeses p 🤧	with baked crispy chicker		
Sensational Salads ww	cheese, black olives and red onions 🔗 🤔	with baked crispy chicken	romaine lettuce with cucumbers, carrots and/W tomatoes &	<i>cheeses</i> <b>p</b> <i>⊱</i> Dinner Rolls	with baked crispy chicker		
Salads	cheese, black olives and red onions @ & Dinner Rolls WW	with baked crispy chicken	romaine lettuce with cucumbers, carrots and/W tomatoes & Dinner Rolls Whole Wheat Dinner Roll	cheeses (p 🤭 V Dinner Rolls WW	with baked crispy chicken		
Salads	cheese, black olives and red onions & Dinner Rolls WW	with baked crispy chicken  Dinner Rolls  der with seasonal vegetables serve	romaine lettuce with cucumbers, carrots andW tomatoes  Dinner Rolls Whole Wheat Dinner Roll with choice of shredded mozzar	cheeses p 🥱 V Dinner Rolls WW	with baked crispy chicken  Dinner Rolls  ce, hard boiled egg, turkey,		
Salads	cheese, black olives and red onions @ @ Dinner Rolls WW  Fresh Garden Salad made to ord Chicken Caesar Wrap	with baked crispy chicken  Dinner Rolls  der with seasonal vegetables serve  Chicken Caesar Wrap	romaine lettuce with cucumbers, carrots and WV tomatoes  Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzar Chicken Caesar Wrap	cheeses p 69 V Dinner Rolls WW  rella, cheddar cheese, protein choi-	with baked crispy chicker.  Dinner Rolls  ce, hard boiled egg, turkey,  Chicken Caesar Wrap		
Salads	cheese, black olives and red onions possible. WW  Dinner Rolls WW  Fresh Garden Salad made to ord Chicken Caesar Wrap freshly made tortilla wrap	with baked crispy chicken  Dinner Rolls  der with seasonal vegetables serve  Chicken Caesar Wrap freshly made tortilla wrap	romaine lettuce with cucumbers, carrots and WV tomatoes  Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzar Chicken Caesar Wrap freshly made tortilla wrap	cheeses p p Dinner Rolls  WW  rella, cheddar cheese, protein choi  Grilled Turkey & Bacon Melt	with baked crispy chicker  Dinner Rolls  ce, hard boiled egg, turkey,  Chicken Caesar Wrap freshly made tortilla wrap		
Salads  WW  GREAT  AMERICAN  SANDWICHCO.	cheese, black olives and red onions of Poinner Rolls WW  Fresh Garden Salad made to ord Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken,	with baked crispy chicken  Dinner Rolls  der with seasonal vegetables serve  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken,	romaine lettuce with cucumbers, carrots and WV tomatoes Dinner Rolls Whole Wheat Dinner Roll with choice of shredded mozzar Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken,	cheeses (p @ Dinner Rolls WW www.polla, cheddar cheese, protein choise Grilled Turkey & Bacon Melt gooey cheese with layers	with baked crispy chicker.  Dinner Rolls  ce, hard boiled egg, turkey,  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken,		
GREAT RICAN SANDWICHCO.	cheese, black olives and red onions of Poinner Rolls WW  Fresh Garden Salad made to ord Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese	with baked crispy chicken  Dinner Rolls  der with seasonal vegetables serve  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese	romaine lettuce with cucumbers, carrots and/W tomatoes  Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzal Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese	cheeses (p @ Dinner Rolls WW www.polla, cheddar cheese, protein choise Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon	with baked crispy chicker  Dinner Rolls  ce, hard boiled egg, turkey,  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese		
Salads WW  AMERICAN	cheese, black olives and red onions of Poinner Rolls WW  Fresh Garden Salad made to ord Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar	Dinner Rolls  Dinner Rolls  der with seasonal vegetables serve  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar	romaine lettuce with cucumbers, carrots and/W tomatoes Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzal Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar	cheeses (p @ Dinner Rolls WW  Tella, cheddar cheese, protein choi  Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices	with baked crispy chicker  Dinner Rolls  ce, hard boiled egg, turkey.  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesa		
Salads  WW  AMERICAN SANDWICHCO	cheese, black olives and red onions pointer Rolls WW  Fresh Garden Salad made to ord  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	with baked crispy chicken  Dinner Rolls  der with seasonal vegetables serve  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	romaine lettuce with cucumbers, carrots and/W tomatoes  Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzal Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing	cheeses Po Polinner Rolls  WW  rella, cheddar cheese, protein choic  Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread	with baked crispy chicken  Dinner Rolls  ce, hard boiled egg, turkey,  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesa dressing		
GREAT RICAN SANDWICHCO.	cheese, black olives and red onions & Market Salad made to ord Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Salad Wrap & Market Salad	with baked crispy chicken  Dinner Rolls  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Buffalo Chicken Wrap	romaine lettuce with cucumbers, carrots and/W tomatoes Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzar Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Tuna Salad Wrap*	cheeses Po Po Dinner Rolls  WW  Tella, cheddar cheese, protein choise  Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread Chicken Caesar Wrap Po Buffalo Chicken Wrap	with baked crispy chicker  Dinner Rolls  Ce, hard boiled egg, turkey,  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesa dressing		
Salads  WW  GREAT  AMERICAN  SANDWICHCO.	cheese, black olives and red onions & Market Salad made to ord Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Salad Wrap & Market Salad	with baked crispy chicken  Dinner Rolls  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Buffalo Chicken Wrap	romaine lettuce with cucumbers, carrots and/W tomatoes Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzar Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Tuna Salad Wrap* Ruffalo Chicken Wrap nd whole grain rich bread, re	cheeses Po Polinner Rolls  WW  rella, cheddar cheese, protein choic  Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread Chicken Caesar Wrap Buffalo Chicken Wran olls and wraps along with ve	with baked crispy chicker  Dinner Rolls  ce, hard boiled egg, turkey,  Chicken Caesar Wrap freshly made tortilla wap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesa dressing and cheese Buffalo Chicken Wrap cegetable toppings		
Salads  WW  GREAT  AMERICAN  SANDWICHCO.	cheese, black olives and red onions & Market Salad made to ord Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Salad Wrap & Market Salad	with baked crispy chicken  Dinner Rolls  der with seasonal vegetables serve  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Buffalo Chicken Wrap sorted cold cuts, cheeses a	romaine lettuce with cucumbers, carrots and/W tomatoes Dinner Rolls Whole Wheat Dinner Roll d with choice of shredded mozzar Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing Tuna Salad Wrap* Ruffalo Chicken Wrap nd whole grain rich bread, re	cheeses De Dinner Rolls  WW  rella, cheddar cheese, protein choic  Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread Chicken Caesar Wrap Buffalo Chicken Wran colls and wraps along with vechoice, fresh veggie choice, fresh	with baked crispy chicker  Dinner Rolls  ce, hard boiled egg, turkey,  Chicken Caesar Wrap freshly made tortilla wap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesa dressing and cheese Buffalo Chicken Wrap agetable toppings  h fruit choice & bread choice		

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

5/14/2018 - 5/18/2018

Monday Tuesday Wednesday Thursday Friday Steamed Carrots Side Salad Side Salad Side Salad Side Salad side salad with tomato and fresh steamed carrots side salad with tomato and side salad with tomato and side salad with tomato and cucumber Red Pepper Strips cucumber cucumber cucumber Fiesta Com Side Salad Green Beans Sriracha Garbanzo Beans Steamed Broccoli Fresh Grapes Green Pepper Slices Tomato Salad **Cucumber Coins** Celery Sticks Fresh Apple Strawberry Cup Pineapple Fresh Banana Fresh, Chilled or 100% Juice available daily Cheesy Veggie Burger Turkey Burger Turkey Burger Turkey Burger Blazin Buffalo Chicken grilled turkey burger on a grilled turkey burger on a Sliders warm veggie burger grilled turkey burger on a topped with melted cheese whole wheat bun with whole wheat bun with whole wheat bun with buffalo chicken strips ERUBUS WHERE BURGERS ARE JUST BEGINNING on a soft bun 👩 🚫 cheese cheese cheese topped with cheddar cheese on mini hamburger Philly Cheese Steak Stuffed Bread Sticks BBQ Chicken French Bread buns WW Bun WW Club Roll WW Mini Buns Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches served Nachos Grande Nachos Grande Organic Veggie Burrito Nachos Grande Nachos Grande organic pinto beans and tortilla chips topped with tortilla chips topped with tortilla chips topped with tortilla chips topped with shredded cheddar cheese freshly prepared mexi style freshly prepared mexi style freshly prepared mexi style reshly prepared mexi style meat and cheese sauce 🤗 meat and cheese sauce 🢫 meat and cheese sauce 🙉 meat and cheese sauce 🙉 wrapped in a warm tortilla Fiesta Taco Salad 🙉 Chicken Fajita Wrap Cheese Quesadilla Nachos Grande **Ground Turkey** Available Daily. Nachos, Cripsy and 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 Tangerine Chicken Chicken Fajita Mac & Chicken Parmesan Barbecque Rib Sandwich Meatball Hero WG breaded chicken in a Cheese Sandwich warm BBQ rib patty on a freshly baked meatballs tangerine sauce steamy pasta enrobed in warm chicken patty bun prepared in-house mixed in a rich tomato World Market Brown Rice creamy cheese sauce smothered in tomato sauce inside a soft roll 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 Club Roll served on WW Kaiser Roll rved with Whole Grain erevd on WW Bun Dinner Roll BBQ Chicken Pizza Buffalo Chicken Meatball Calzone **Buffalo Chicken** Santa Margarita Pizza freshly prepared pizza Stromboli fresh prepared dough Stromboli whole wheat pizza crust handcrafted garlic pizza handcrafted garlic pizza dough topped with BBQ lightly brushed with garlic topped with shredded dough wrapped around dough wrapped around sauce, mozzarella, and oil, rolled with low fat mozzarella, plum zesty buffalo chicken, zesty buffalo chicken, cheddar, chicken strips, seasoned ricotta and tomatoes and tomato melted mozzarella mozzarella cheeses, melted mozzarella and red onion 🤗 sauce 🝘 🤭 Pizza Calzone cheese, rich tomato sauce meatball slices, basil and cheese, rich tomato sauce Pizza Calzone folded whole grain pizza and baked to perfection oregano and baked to perfection folded whole grain pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Chicken Caesar Salad Greek Salad Garden Salad Entree Salad Plate With Crispy Spinach Salad Chicken fresh romaine topped with romaine lettuce with spinach topped with fresh garden salad topped with meat 👸 fresh garden salad topped Sensational parmesan cheese. cucumbers, tomatoes, feta crumbled bacon. mushrooms, and red<sup>WW</sup> with baked crispy chicken chicken, and croutons with cheese, black olives and Dinner Rolls Salads red onions 👩 🤭 dinner rolls onion 4 Dinner Rolls WV Dinner Rolls Dinner Rolls Shredded Mozzarella Cheese WW 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 Vegetarian Wrap Turkey and Cheese Melt Chicken Caesar Wrap Ham & Cheese Triple freshly made tortilla wrap freshly made tortilla wrap thinly sliced turkey breast freshly made tortilla wrap Decker Sandwich triple stacked thinly sliced AMERICAN filled with sliced chicken, spread with hummus and and melted American filled with sliced chicken, crisp lettuce, and cheese cheese on toasty bread ham, cheese, crisp lettuce topped with crispy crisp lettuce, and cheese Chicken Caesar Wrap 🚗 topped with low-fat Caesar topped with low-fat Caesar cucumbers, tomatoes, red and ripe red tomato between 3 slices of soft onions and cheese 👩 🤭 Buffalo Chicken Wrap 👸 dressing 🥱 dressing 🤗 Chicken Caesar Wrap Buffalo Chicken Wrap bread p Ruffelo Chicken Wran 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 c At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored

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!

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









Welcome to our Lunch Cafe

5/21/2018 - 5/25/2018

Monday **Tuesday** Wednesday **Thursday** Celery Sticks Side Salad Side Salad Side Salad Side Salad Side Salad side salad with tomato and cucumber Steamed Carrots cucumber cucumber cucumber Green Beans Pineapple Sweet Potato Fries Garbanzo Beans Steamed Broccoli **Cucumber Coins** Celery & Carrot Sticks w/ Steamed Peas Celery Sticks Fresh Banana Fresh Melon Cup Low Fat Dressing Fresh Orange Fresh Grapes Fresh, Chilled Fruit and 100% Juice available daily BBQ Chicken Sandwich Meatball Sliders Bacon Cheeseburger Buffalo Burger Cheesy Veggie Burger burger topped with cheese grilled burger topped with warm veggie burger baked, sliced meatballs warm baked chicken and bacon on a freshly hot sauce and blue cheese smothered in BBQ sauce topped with melted cheese topped with tomato sauce, ERUBUS WHERE BURGERS ARE JUST BEGINNING toasted bun with lettuce and tomato on on a bun and prepared inon a soft bun 👩 🚫 mozzarella and parmesan Middle Eastern Veggie cheese a bun 🤭 house Burger 🕜 🤔 🚷 served on WW Bun served on WW Bun served on WW Bun Served on WW Slider Served on WW Bun Buns Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwich served on Nachos Grande Veggie Bean Quesadilla Turkey Taco Salad Chimichanga Chicken Fajita Wrap baked tortilla shell filled seasoned chicken with hand crafted cheesy freshly made crispy tortilla tortilla chips topped with with lettuce, beans, turkey filled with Mexican style sauteed onions and freshly prepared mexi style quesadilla, stuffed with peppers topped with meat and cheese sauce taco meat, pico de gallo, meat heans and cheese black beans, onions and shredded cheddar, and topped with sour cream tomato, lettuce, and sauteed peppers 👩 🤭 sour cream 🙈 and salsa 🙉 cheese on a tortilla ground turkey 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 Cheese and Shredded Lettuce, Salsa St. Louis BBQ Rib Baked Chicken Breast Pasta & Meatballs Chicken Fajita Mac & Crispy Popcom Chicken Sandwich\* Baked Chicken Breast freshly baked meatballs Cheese crispy breaded chicken boneless ribs in bbq French Bread with tomato sauce over steamy pasta enrobed in bites baked to perfection World Market pasta 🤭 🚷 sauce with cheddar and creamy cheese sauce French Bread onion rings on a bun topped with diced Whole Wheat Dinner Roll seasoned chicken prepared in-house served on WW Roll French Bread BBQ Chicken Pizza Pizza Salad Grandma Pizza Sicilian Chicken & Cheese Margherita Pizza freshly prepared pizza tomatoes, carrots, Stromboli freshly prepared dough pizza dough topped with Chicken and melted dough topped with BBQ cucumbers, mozzarella lightly brushed with garlic tomato sauce and melted cheese wrapped in pizza sauce, mozzarella, cheese and pepperoni on and oil, topped with tomato cheddar, chicken strips, a bed of mixed greens 🥱 cheese 👩 🤭 dough 👸 sauce, mozzarella cheese, Pizza Calzone Pizza Calzone fresh tomatoes and basil and red onion 🤗 Pizza Dizzagł Galizbritae Pizza Calzone afolded whigh earnain pizara folded whole grain pizza folded whole grain pizza **₽** folded whole grain pizza
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough Pizza Calzone Turkey Salad Plate with Garden Salad Entree Salad Plate With Crispy Mexican Salad Greek Salad Dinner Rolls Salad with beans, corn, fresh garden salad topped romaine lettuce with Chicken sour cream, and salsa 🥱 with meat 🕞 🤭 classic turkey salad on a fresh garden salad topped Sensational cucumbers, tomatoes, feta bed of greens with carro with baked crispy chicken Dinner Rolls Dinner Rolls cheese, black olives and Salads cucumbers, and tomatoes red onions 👩 🤭 WV Dinner Rolls Dinner Rolls WW Your choice of Diced Dinner Rolls Turkey or Diced Ham Fresh Garden Salad with seasonale vegetables, your protein choice of Ham, Turkey, Chicken or Hard Boiled Egg, all served withWG Dinner Rolls Tuna Salad Wrap\* The Harvest Classic Egg Salad Wrap Grilled Turkey & Bacon Egg Salad Wrap fresh chunky tuna salad freshly prepared tortilla freshly made egg salad Melt freshly made egg salad with field greens and wrap with thinly sliced ham, with lettuce and tomato in a gooey cheese with layers vith lettuce and tomato in a soft tortilla wrap 👩 🤔 mozzarella cheese, tossed soft tortilla wrap 👩 🤭 tomatoes served in a wrap of turkey and crisp bacon greens and juicy tomatoes melted between two slices of toasty bread P 🖰 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

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in food & family

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

5/28/2018 - 5/31/2018

	Monday	Tuesday Side Salad	Wednesday Side Salad	Thursday Side Salad	Friday
Healthy Harvest		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	avalable daily			
ERUBUS WHERE BUNDERS HE DECONNING	Available Daily: Hamburgs	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Cheesy Veggie Burger Served@n.Whole whee Bun ers, Cheeseburgers, Turkey	Buffalo Burger grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun t Cheesy Veggie Burger Served on Whole Whea	Bun	
	Available Bally. Fallibarge	Chicken Fajita Wrap	Chimichanga	Veggie Bean Quesadilla	dell'odiloviolics serveu
Coyote Grill Southerstern, cuine with a bire		seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house [5]	freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa	hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers @ &	
	Av ailable 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	edded Lettuce, Salsa
World Market		Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta & & Trench 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	BBQ Chicken Pizza	Santa Margarita Pizza	
Lacucina HALLIAN BISTRO		handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection	freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion %	whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce & %	
	Available Da	ily: Cheese Pizza, Pepperoni	Pizza and Vegetable Pizza all	featuring whole grain rich p	izza dough
Sensational Salads		House Chop Salad with Ham & Dinner Rollsww ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing p 69 Dinner Rolls	Turkey Salad Plate with Dinner Rolls classic turkey salad on a bed of greens with carrolls cucumbers, and tomatoes  Dinner Rolls	Garden Salad Entree fresh garden salad topped with meat p g Dinner Rolls	
	Fresh Garden Salad made to order with	h seasonal vegetables served with choice			d Egg or Chicken served with WG
GREAT AMERICAN SANDWICH CO.		Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun	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  Chicken Bacon	
LIBERATE FOUN TASTE BUDS		prepared in-house Egg Salad Wrap Served on WW Club Roll sorted cold cuts, cheeses a		Sandwich 🥱	

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









