Welcome to our Lunch Cafe

11/1/2024 - 11/1/2024

	Monday	Tuesday	Wednesday	Thursday	Friday
411 . 018 =					SCHOOL
World 🔭					CLOSED
					TODAY
	Served with choice of	of side salad, variety of	fresh fruit and vegatab	les. Choice of Fat Free, 19	or 2% Chilled Milk
CUCINA					SCHOOL
					CLOSED
					TODAY
	Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough				
Miss RUBY'S					SCHOOL
					CLOSED
					TODAY
	Ava	ilable Daily: hambur	gers, cheeseburgers,	and chicken patty san	dwiches
Boars Head Great AMERICAN SANOWICH CO.					SCHOOL
					CLOSED
					TODAY
		Available Da	aily: Made to Order a	nd <i>Al WAYS</i> Freshi	103711
		Available Da	iny. Made to Order a	ilu ALWA7511esii:	
Teal Meals EXPRESS					SCHOOL
EXAKE22					CLOSED
Fresh &					TODAY
GARDEN	Available Daily:	Garden Salad, Chef Sala	ad, Caesar Salad. Includ	des WW dinner roll and cl	noice of fruit and milk
Check out our n	Carrier March	CHICA NOVANCA CANADA		ry, seafood, shellfish or eggs may	·



Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity WHITSONS School Natrition









11/4/2024 - 11/8/2024





Mission Burrito
authentic fiesta style
meat topped with sour
cream, beans, seasoned
rice, shredded cheese
and crisp lettuce inside a
soft tortilla shell
assembled in-house
Steamed Broccoli

Fresh Apple

Tuesday

Superintendent Conference Day/ Workshop-Teachers Only

Wednesday

The Works Hot Dog hot dog on a bun with mustard, sauerkraut, jalapenos, onions and relish

Black Bean and Pepper Salad Fresh Banana

Thursday

Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese

Steamed Zucchini Fresh Green Grapes

Friday

Nashville Hot Kickin'
Chicken
freshly prepared chicken
drizzled with hot sauce,
topped with coleslaw and
pickled chips

Buttered Corn Fresh Apple



Served with choice of side salad, variety of fresh fruit and vegatables. Choice of Fat Free, 1% or 2% chilled milk



Meatball Pizza cheese pizza topped with sliced meatball 🤣 Meatball Pizza
cheese pizza topped with
sliced meatball

Meatball Pizza cheese pizza topped with sliced meatball

Meatball Pizza
cheese pizza topped with
sliced meatball

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Buffalo Chicken
Sandwich

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Buffalo Chicken
Sandwich

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Buffalo Chicken
Sandwich





Grilled Chicken and Cranberry Salad Salad with chicken and dried cranberries Chicken Caesar Salad Fruity Granola Parfait Company Salad Dinner Rolls

Grilled Chicken and Cranberry Salad Salad with chicken and dried cranberries Chicken Caesar Salad

Grilled Chicken and Cranberry Salad Salad with chicken and dried cranberries Chicken Caesar Salad

Grilled Chicken and Cranberry Salad Salad with chicken and dried cranberries Chicken Caesar Salad

Fruity Granola
Parfait (7) (5) (5)
Dinner Rolls

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



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Shoot Naturation











11/11/2024 - 11/15/2024





Tuesday

Wednesday

Thursday

Friday





Ranch & Chicken Quesadilla homemade fiesta chicken mozzarella and ranch dressing melted into a warm tortilla Refried Beans Fresh Strawberries

Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🥐 Spinach Salad P

Fresh Banana

Soft Tacos freshly prepared fiestastyle meat with melted cheese wrapped in a warm soft taco shell 形 Sweet Corn **Cucumber Coins** Honeydew and

Cantaloupe Cup

Yard Bird Classic Chicken Sandwich a delicious chicken filet on a hearty bun, served with special sauce and a pickle Fresh Orange



Served with choice of side salad, variety of fresh fruit and vegatables. Choice of Fat Free, 1% or 2%





Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🤔

Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🤔

Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🤔

Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🤔







South of the Border Wrap warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla 🤔

South of the Border Wrap warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla 🤔

South of the Border Wrap warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla 🤔

South of the Border Wrap warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla 🤔









Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create vour own sandwich Balsamic Glazed Vegetable Sandwich **(7)**

Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create vour own sandwich Balsamic Glazed Vegetable Sandwich **6**

Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Balsamic Glazed Vegetable Sandwich **P**

Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Balsamic Glazed Vegetable Sandwich **P**







Chicken Caesar Salad fresh romaine topped with parmesan cheese. chicken, and croutons with dinner rolls Fruity Granola Parfait 🕜 🤔 🚷

Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls Fruity Granola Parfait 🕜 🤔 🚷

Available Daily: Made to Order and ALWAYS Fresh!

Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls Fruity Granola

Parfait 🕜 🤔 🚷

Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls Fruity Granola

Chicken Caesar

Parfait 🕜 🤔 🍪





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11/18/2024 - 11/22/2024





Tuesday

Wednesday

Thursday Texacan Burger'

Wing Shack Classic Buffalo Chicken Wings an American classic tossed in spicy buffalo sauce

Friday

Fresh Orange

Chicken Bowl with Gravy chicken layered with mashed potatoes and corn, smothered in gravy

> Steamed Broccoli Fresh Apple

Classic Tex Mex Burrito mexi-style meat, rice and shredded cheese folded inside a soft tortilla 🤔 Fresh Blueberries

Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken 🤔 Fresh Banana

burger with guacamole, onion, lettuce and cheddar cheese Watermelon Cup

Served with choice of side salad, variety of fresh fruit and vegatables. Choice of Fat Free, 1% or 2% chilled milk



Mac & Cheese Pizza fresh pizza dough topped with mozzarella cheddar and macaroni and cheese and baked until crisp 🏈 🤔

Mac & Cheese Pizza fresh pizza dough topped with mozzarella cheddar and macaroni and cheese and baked until crisp 🕜 🤔

Mac & Cheese Pizza fresh pizza dough topped with mozzarella, cheddar, and macaroni and cheese and baked until crisp 🕜 🤌

Mac & Cheese Pizza fresh pizza dough topped with mozzarella cheddar and macaroni and cheese and baked until crisp 🌠 🤔

Mac & Cheese Pizza fresh pizza dough topped with mozzarella, cheddar. and macaroni and cheese and baked until crisp 🕜 🤌





Cheesy Stuffed **Bread Sticks** baked bread sticks filled with melted cheese 🕜 Tomato Sauce

Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese 🕜

Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese 🕜 Tomato Sauce

Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese 🕜 **Tomato Sauce**

Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese 🐶 Tomato Sauce





Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich All American Wrap P

Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create vour own sandwich All American Wrap P

All American Wrap roast beef, turkey breast, ham and cheese on a wrap with lettuce and tomato P 🤔

All American Wrap roast beef, turkey breast, ham and cheese on a wrap with lettuce and tomato P 🤔

All American Wrap roast beef, turkey breast, ham and cheese on a wrap with lettuce and tomato 😱 🤌





NY Yogurt Parfait with Graham Crackers local NY low fat vanilla yogurt layered with fruit and graham crackers 🕜 **3**

Black Bean & Tomato Quinoa Salad 🕜 🤔

NY Yogurt Parfait with Graham Crackers local NY low fat vanilla yogurt layered with fruit and graham crackers 🕜

Black Bean & Tomato Quinoa Salad 🕜 🤔

NY Yogurt Parfait with Graham Crackers local NY low fat vanilla yogurt layered with fruit and graham crackers 🕜

Black Bean & Tomato Quinoa Salad 🕜 🤔

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

NY Yogurt Parfait with Graham Crackers local NY low fat vanilla yogurt layered with fruit and graham crackers 🕜

B Black Bean & Tomato Quinoa Salad 🕜 🤔

NY Yogurt Parfait with Graham Crackers local NY low fat vanilla yogurt layered with fruit and graham crackers 🕜

3 Black Bean & Tomato Quinoa Salad 🕜 🤔



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11/25/2024 - 11/29/2024

Welcome to our Lunch Cafe



Tuesday

Wednesday

Thursday

Friday



Chimichanga freshly made crispy tortilla filled with Mexican style meat beans and cheese, topped with sour cream and salsa 🤔 Beans & Rice 🕜 🤌

Fresh Apple

Nashville Hot Kickin' Chicken Sandwich freshly prepared chicken drizzled with hot sauce topped with coleslaw and pickled chips 🤔

NASHVILLE

SCHOOL TOD)AY

SCHOOL TODAY

SCHOOL CLOSED TODAY



Honeyfire Kitchen Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and honey fire kitchen sauce P

Honeyfire Kitchen Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and honey fire kitchen sauce P

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

SCHOOL TODAY



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



Chicken Ranch Wrap tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap 🤔

Chicken Ranch Wrap tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap 🤔

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

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



Southwest Chicken Club Sandwich 🤔

Southwest Chicken Club Sandwich 🤔

SCHOOL SCHOOL TODAY

SCHOOL TODDAY

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



Classic Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🕜 🤔

Classic Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🕜 🤔

SCHOOL CLOSED TODAY

SCHOOL

SCHOOL

Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain



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