AF Amistad Academy High School

Welcome to our Lunch Cafe

10/2/2017 - 10/6/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Chef Productions	Chicago Style Hot Dog *skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers* Tator Tots *crisp potato rounds baked to perfection*	Chicken Tangerine *WG breaded chicken in a tangerine sauce* Yellow Rice Mixed Vegetables	Mac & Cheese *pasta in cheese sauce, garnished with parsely* Steamed Broccoli	Baked Chicken Yellow Rice Baked Plantains Maduros	Turkey & Cheese Sandwich *thinly sliced turkey and cheese sandwich* Carrot Dippers
La Cucina Italian Bistro	BBQ Chicken Pizza *fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro*	Meat Lovers Pizza *fresh pizza dough topped with mozzarella, sausage, meatballs and pepperoni*	Chicken & Spinach Calzone *garlic toasted pizza crust filled with chicken, spinach, ricotta and melted cheeses*	Bianco Pizza *pizza dough brushed with garlic and oil, topped with basil and mozzarella and ricotta cheeses*	
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Wraps 2 Go	Turkey BLT Wrap *sliced turkey, bacon, lettuce, and tomato on a wrap*	Chicken Caesar Wrap *Caesar salad with crispy chicken in a wrap*	Italian Combo Wrap *salami, bologna and ham on a wrap with lettuce and tomato*	Chicken Ranch Wrap *tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap*	Tuna Salad Vegetarian Wrap *cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus*
Fresh Fruit Express	Salad Plate With Chicken *fresh garden salad topped with warm baked chicken*	Egg Salad Plate with 2 Dinner Rolls *on a bed of lettuce with carrots, cucumbers and tomatoes*	Mexican Salad *Salad with beans, corn, sour cream, and salsa*	Cobb Salad *fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*	Chicken Caesar Salad *fresh romaine topped with parmesan cheese, chicken, and croutons* Garden Salad with Cheese Entree *fresh garden salad topped with cheese*
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Healthy Harvest	Romaine Lettuce Mesclun Spring Mix Cherry Tomatoes Cucumber Coins Beans Carrot Dippers Green Pepper Slices	Romaine Lettuce Mesclun Spring Mix Cherry Tomatoes Cucumber Coins Beans Carrot Dippers Green Pepper Slices	Romaine Lettuce Mesclun Spring Mix Cherry Tomatoes Cucumber Coins Beans Carrot Dippers Green Pepper Slices	Romaine Lettuce Mesclun Spring Mix Cherry Tomatoes Cucumber Coins Beans Carrot Dippers Green Pepper Slices	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn Beans Romaine Lettuce Celery Sticks Mesclun Spring Mix

WHITSONS 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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AF Amistad Academy High School

Welcome to our Lunch Cafe

10/9/2017 - 10/13/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Chef Productions	NO SCHOOL	Philly Cheese Sandwich *beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun* Oven Baked Fries	Ravioli with Sauce *baked ravioli in tomato sauce* Steamed Broccoli	Ranch & Chicken Quesadilla *fiesta chicken, mozzarella and ranch dressing melted into a tortilla* Spicy Three Bean Salad	Turkey & Cheese Sandwich *thinly sliced turkey and cheese sandwich* Carrot Dippers
La Cucina Italian Bistro		Meatball Pizza *cheese pizza topped with sliced meatball*	Pepper & Onion Pizza *fresh pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions*	Chicken Florentine Pizza *cheesy pizza slice topped with baby spinach and chicken*	
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Wraps 2 Go	NO SCHOOL	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*	Tuna Salad Wrap* *fresh chunky tuna salad with field greens and tomatoes served in a wrap*	Turkey Ranch Wrap *turkey breast with lettuce, tomato and ranch on a wrap*	Red Square Wrap *oven roasted turkey, Swiss cheese, lettuce and tomatoes on a wrap*
Fresh Fruit Express		Cobb Salad *fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*	Buffalo Chicken Salad with Dinner Rolls *spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes*	Sesame Summer Asian Salad *salad with grilled chicken in Szechwan sauce, onions, and sliced oranges*	Spinach Mandarin Salad with Dinner Rolls *tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella*
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Healthy Harvest	Romaine Lettuce Mesclun Spring Mix Carrot Dippers Green Pepper Slices	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix

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AF Amistad Academy High School

Welcome to our Lunch Cafe

10/16/2017 - 10/20/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Chef Productions	Cheeseburger *burger topped with cheese on a freshly toasted bun* Tator Tots *crisp potato rounds baked to perfection*	Spicy Chicken Sandwich *spicy crispy chicken sandwich* Spicy Three Bean Salad	Chicken Tikka Masala *grilled chicken in a tikka masala sauce* Mixed Vegetables	French Patty Melt *grilled burger topped with onions with lettuce and tomatoes* Side of Carrots	NO SCHOOL
La Cucina Italian Bistro	Fresh Basil & Red Pepper Pizza *pizza topped with roasted peppers and fresh basil*	Buffalo Chicken Pizza *cheese pizza topped with Buffalo chicken pieces*	Spinach Pizza *fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese*	Buffalo Chicken Pizza *cheese pizza topped with Buffalo chicken pieces*	
	Available Daily: Cheese Pizza,& Pepperoni Pizza all featuring whole grain rich pizza dough				
Wraps 2 Go	BBQ Turkey Wrap *turkey breast, bbq sauce, lettuce and tomato on a wrap*	Honey Mustard Chicken Wrap *crispy breaded chicken strips, lettuce, tomato and honey mustard dressing in a wrap*	Tuna Salad Wrap* *fresh chunky tuna salad with field greens and tomatoes served in a wrap*	Turkey Ranch Wrap *turkey breast with lettuce, tomato and ranch on a wrap*	NO SCHOOL
Fresh Fruit Express	Chef Salad *fresh lettuce topped with sliced deli meats and cheeses*	Cobb Salad *fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*	Salad Plate With Chicken *fresh garden salad topped with warm baked chicken*	Buffalo Chicken Salad with Dinner Rolls *spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes*	
	Available Daily: Fruit & Yogurt Parfait, Garden Salad,& Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Healthy Harvest	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn Beans Romaine Lettuce Celery Sticks Mesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn Beans Romaine Lettuce Celery Sticks Mesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn Beans Romaine Lettuce Celery Sticks Mesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn Beans Romaine Lettuce Celery Sticks Mesclun Spring Mix	

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AF Amistad Academy High School

Welcome to our Lunch Cafe

10/23/2017 - 10/27/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Chef Productions	Beef Hot Dog on Bun *juicy beef hot dog on a soft bun* Oven Baked Fries *crispy fries baked to perfection*	General Tso's Chicken *crispy chicken with broccoli in General Tso's sauce* Brown Rice Steamed Broccoli	Buffalo Chicken and Cheese Quesadilla *fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce* With Salsa Spicy Three Bean Salad	Salisbury steak *Fresh chopped beef steak in brown gravy* Side of Carrots	Turkey Bologna & American Cheese Sandwich Mixed Vegetables
La Cucina Italian Bistro	Fresh Basil & Red Pepper Pizza *pizza topped with roasted peppers and fresh basil*	Meatball Pizza *cheese pizza topped with sliced meatball*	Chicken & Spinach Calzone *garlic toasted pizza crust filled with chicken, spinach, ricotta and melted cheeses*	Bianco Pizza *pizza dough brushed with garlic and oil, topped with basil and mozzarella and ricotta cheeses*	
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Wraps 2 Go	Chicken Caesar Wrap *Caesar salad with crispy chicken in a wrap*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*	Tuna Salad Wrap* *fresh chunky tuna salad with field greens and tomatoes served in a wrap*	Turkey Ranch Wrap *turkey breast with lettuce, tomato and ranch on a wrap*	Egg Salad Wrap *freshly made egg salad with lettuce and tomato in a wrap*
Fresh Fruit Express	Chef Salad *fresh lettuce topped with sliced deli meats and cheeses*	Cobb Salad *fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*	Buffalo Chicken Salad with Dinner Rolls *spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes*	Sesame Summer Asian Salad *salad with grilled chicken in Szechwan sauce, onions, and sliced oranges*	Garden Salad with Hard Boiled Eggs & Dinner Rolls *garden salad with tomato, cucumber, carrot, and hard boiled eggs*
	Available Daily: Fruit & Yogurt Parfait, Garden Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Healthy Harvest	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix

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AF Amistad Academy High School

Welcome to our Lunch Cafe

10/30/2017 - 10/31/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Chef Productions	Jamaican Beef Patty *golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce* Spicy Honey Carrots	Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Bean and Vegetable Salad			
La Cucina Italian Bistro	Fresh Basil & Red Pepper Pizza *pizza topped with roasted peppers and fresh basil*	Buffalo Chicken Pizza *cheese pizza topped with Buffalo chicken pieces*			
	Available Daily: Cheese Pizza, and Pepperoni Pizza all featuring whole grain rich pizza dough				
Wraps 2 Go	Chicken Caesar Wrap *Caesar salad with crispy chicken in a wrap*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*			
Fresh Fruit Express	Chef Salad *fresh lettuce topped with sliced deli meats and cheeses*	Cobb Salad *fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*			
	Available Daily: Fruit & Yogurt parfait, Garden Salad, and Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Healthy Harvest	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix	Side Salad *side salad with lettuce* Cherry Tomatoes Cucumber Coins Corn BeansRomaine Lettuce Celery SticksMesclun Spring Mix			

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