







# What's on the Menu?



## Whitney Academy/Whitney High North: : September 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
					Macaroni and Cheese ½ Cup of Steamed  Cinnamon Baby Carrots One Warm Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta  
<b>2<sup>mato</sup></b>	<b>2 MATO</b>				
					Sausage Pizza Classic Cheese Offered Daily All pizza have Roma Herb Blend Gluten Free Pizza Available 
<b>SO DELI</b>	<b>SO DELI</b>				
					Salads offered with two whole grain dinner rolls Chicken Caesar Salad Wrap <u>Gluten Free Bread Available</u>  
<b>extra<sup>extra</sup></b>	<b>EXTRA EXTRA</b>				
	<b>AVAILABLE DAILY WITH EVERY MEAL</b>				
					Green Peas Classic Potato Salad
					Fresh Whole Fruit Assorted Chilled Fruit

**K-12: THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, SKIM STRAWBERRY, SKIM CHOCOLATE.**

**CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:**

**CHOOSE ALL 5!!!**

**Visit:**

**Visit [aces.nutrislice.com](http://aces.nutrislice.com) to see your menu!**



Vegetarian



Locally Grown



Gluten Available  
Ask School Lead



# What's on the Menu?



## Whitney Academy/Whitney High North: : September 5-8

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
		Two Soft Chicken Tacos Shredded Lettuce Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup of Seasoned Black Beans	Grilled Cheese Tomato Soup  <u>Gluten Free option</u> Gluten Free Bread	Chicken Tenders ½ Cup of Mashed Potatoes with Homemade chicken gravy Garlic Bread  <u>Gluten Free option</u> Unbreaded Chicken and Gluten Free Bun Garlic Bread	Beef Hot Dog ½ Cup of Boston Baked Beans  <u>Gluten Free option</u> No Bun
<b>2 MATO</b>					
<b>2<sup>matato</sup></b>		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	<b>Classic Cheese Pizza Offered Daily</b> <b>All pizza have Roma Herb Blend</b>  <b>Gluten Free Pizza Available</b>				
<b>SO DELI</b>					
<b>Salads offered with two whole grain dinner rolls</b>					
<b>SO DELI</b>		Buffalo Chicken Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato <u>Gluten Free Bread Available</u>	Ham and Turkey Chef Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread	Chicken Caesar Salad Wrap  <u>Gluten Free Bread Available</u>
	<b>EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL</b>				
<b>extra<sup>extra</sup></b>		Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
		Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad
		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
		Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

**K-12: THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, SKIM STRAWBERRY, SKIM CHOCOLATE.**

**CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!**



Vegetarian



Locally Grown



Gluten Available  
Ask School Lead



Visit:


















Visit [aces.nutrislice.com](http://aces.nutrislice.com) to

see your menu!

# What's on the Menu?



## Whitney Academy/Whitney High North: September 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Seasoned Fries <u>Gluten Free Option</u> Gluten Free Bun  	Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream 	Chicken Patty Sandwich ½ Cup of Seasoned Crispy Fries Sliced Tomatoes Chopped Romaine <u>Gluten Free Option</u> Gluten Free Bun  	Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two Warm Dinner Rolls Gluten Free Bun Available  	Italian Meatball Sub ½ Cup Oven Baked Sweet Potato Fries <u>Gluten Free Option</u> Gluten Free Bun  
<b>2.mato</b>	<b>2 MATO</b>				
	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken	BBQ Chicken
<b>Classic Pizza Offered Daily</b> <b>All pizza have Roma Herb Blend</b>  <b>Gluten Free Pizza Available</b>					
<b>SO DELI</b>	<b>SO DELI</b>				
	Salads offered with two whole grain dinner rolls				
	Turkey Ranch Wrap <u>Gluten Free Bread Available</u>  	Buffalo Chicken Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread  	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato <u>Gluten Free Bread Available</u>  	Ham and Turkey Chef Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread  	Chicken Caesar Salad Wrap <u>Gluten Free Bread Available</u>  
<b>extra extra</b>	<b>EXTRA EXTRA</b>				
	<b>AVAILABLE DAILY WITH EVERY MEAL</b>				
	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

**K-12: THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, SKIM STRAWBERRY, SKIM CHOCOLATE.**

**CHOOSE AT LEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:**

**CHOOSE ALL 5!!! Visit:**

**Visit [aces.nutrislice.com](http://aces.nutrislice.com) to see your menu!**

Vegetarian  Locally Grown



Gluten Available  
Ask School Lead



# What's on the Menu?



## Whitney Academy/Whitney High North: September 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>Chicken and Waffles</b> Whole Grain Drumstick with Waffles ½ Cup Steamed Broccoli 	Cheese Quesadilla Salsa and Sour Cream ½ Cup of Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots 	<b>AMERICAN CLASSIC</b> Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll <u>Gluten Free Option</u> Gluten Free Pasta 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes <u>Gluten Free Option</u> Gluten Free Bun 	Popcorn Chicken ½ Cup of Cajun Seasoned Potato Wedges 1 WG Warm Dinner Roll <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun 
	<b>2 MATO</b>				
<b>2.mato</b>	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
	<b>Classic Cheese Pizza Offered Daily</b> <b>All pizza have Roma Herb Blend</b> 				
<b>Gluten Free Pizza Available</b>					
<b>SO DELI</b>	<b>SO DELI</b>				
	<b>Salads offered with two whole grain dinner rolls</b>				
	Turkey Ranch Wrap <u>Gluten Free Bread Available</u>  	Buffalo Chicken Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread 	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato <u>Gluten Free Bread Available</u>  	Ham and Turkey Chef Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread  	Chicken Caesar Salad Wrap <u>Gluten Free Bread Available</u>  
<b>EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL</b>					
<b>extra extra</b>	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	

**K-12: THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, SKIM STRAWBERRY, SKIM CHOCOLATE.**

**CHOOSE AT LEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!**



Vegetarian



Locally Grown



Gluten Available  
Ask School Lead



Visit:

Visit [aces.nutrislice.com](http://aces.nutrislice.com) to see your menu!

# What's on the Menu?



## Whitney Academy/Whitney High North: September 26-29

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
		Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots 	Chicken Nuggets ½ Cup of Mashed Potato Home-made Chicken Gravy 1 WG Garlic Bread <u>Gluten Free option</u> Unbreaded Chicken Gluten Free Bun 	BBQ Pulled Pork Sandwich ½ Cup of Cinnamon Mashed Sweet Potatoes <u>Gluten Free option</u> Gluten Free Bun 	Philly Steak and Cheese Sandwich Oven Baked Potato Wedges <u>Gluten Free Option</u> Gluten Free Bun 
<b>2 MATO</b>					
	Meatball Pizza	Meatball Pizza	Meatball Pizza	Meatball Pizza	Meatball Pizza
	<b>Classic Cheese Offered Daily</b> <b>All pizza have Roma Herb Blend</b>  <b>Gluten Free Pizza Available</b>				
<b>SO DELI</b>					
<b>Salads offered with two whole grain dinner rolls</b>					
<b>SO DELI</b>	Buffalo Chicken Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread 	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato <u>Gluten Free Bread Available</u> 	Ham and Turkey Chef Salad Two Whole Grain Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread 	Chicken Caesar Salad Wrap <u>Gluten Free Bread Available</u> 	
	<b>EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL</b>				
<b>extra extra</b>	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas	
	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	

**K-12: THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, SKIM STRAWBERRY, SKIM CHOCOLATE.**

**CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:**

**CHOOSE ALL 5!!!**

**Visit:**

**Visit [aces.nutrislice.com](http://aces.nutrislice.com) to see your menu!**



Gluten Available  
Ask School Lead

