

# What's on the Menu?



## Whitney Academy/Whitney High North: : April 1-5

	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  	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> Gluten Free Bun  
<b>2<sup>matato</sup></b>	<b>2 MATO</b>				
	Sausage Pizza	Sausage Pizza	Sausage Pizza	Sausage Pizza	Sausage 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>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<sup>extra</sup></b>	<b>EXTRA EXTRA 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 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  
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# What's on the Menu?



**Whitney Academy/Whitney High North: April 8-12**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	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 	Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream 	Steak and Cheese ½ Cup Sweet Potato Fries <u>Gluten Free option</u> Gluten Free Bun 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes <u>Gluten Free Option</u> Gluten Free Bun 	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>AMERICAN CLASSIC</b>				
<b>2.mato</b>	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ 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.**

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# What's on the Menu?



**Whitney Academy/Whitney High North: April 22-26**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	Popcorn Chicken ½ Cup of Cajun Seasoned Potato Wedges 1 WG Warm Dinner Roll <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun 	Cheese Quesadilla ½ Cup Steamed Golden Corn 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>				
	Pepperoni Pizza	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>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</b>	<b>EXTRA EXTRA 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	

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# What's on the Menu?



## Whitney Academy/Whitney High North: April 29-30

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	Breaded Drumstick Steamed Seasoned Green Beans 1 Whole Grain Dinner Roll <u>Gluten Free Option</u> Inbreaded Chicken Gluten Free Bun 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn <b>Ground and Pureed Diets Baby Carrots</b> 			
<b>2.mato</b>	<b>2 MATO</b>				
	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Classic Cheese Pizza Offered Daily All pizza have Roma Herb Blend <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 			
<b>extra extra</b>	<b>EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL</b>				
	Fresh Sliced Cucumber	Fresh Pepper Strips			
	Fresh Baby Carrots	Fresh Grape Tomatoes			
	Fresh Whole Fruit	Fresh Whole 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:**

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