

# What's on the Menu?



## Whitney Academy/Whitney High North: : November 1-3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<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  	Philly Steak and Cheese Sandwich Oven Baked Potato Wedges <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>2.mato</b>	<b>2 MATO</b>				
			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>				
	Salads offered with two whole grain dinner rolls				
		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 Caesar Salad	Fresh Broccoli	Green Peas
			Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad
		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole 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!**



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# What's on the Menu?



## Whitney Academy/Whitney High North: November 6-9

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Seasoned Fries <u>Gluten Free Option</u> Gluten Free Bun  		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  	
	BBQ Chicken Pizza		BBQ Chicken	BBQ Chicken	
<b>2<sup>mato</sup></b>	<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>Salads offered with two whole grain dinner rolls</b>				
<b>SO DELI</b>	Turkey Ranch Wrap  <u>Gluten Free Bread Available</u>  	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  		
	<b>EXTRA EXTRA</b> <b>AVAILABLE DAILY WITH EVERY MEAL</b>				
<b>extra<sup>extra</sup></b>	Fresh Sliced Cucumber		Fresh Caesar Salad	Fresh Broccoli	
	Fresh Baby Carrots		Fresh Celery Sticks	Fresh Garbanzo Beans	
	Fresh Whole Fruit		Fresh Whole Fruit	Fresh Whole 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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Vegetarian



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# What's on the Menu?



## Whitney Academy/Whitney High North: : November 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	Grilled Cheese Tomato Soup  <u>Gluten Free option</u> Gluten Free Bread    	Two Soft Chicken Tacos Shredded Lettuce Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup of Seasoned Black Beans  	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes  <u>Gluten Free Option</u> Gluten Free Bun  	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<sup>matato</sup></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<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!!!**



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# What's on the Menu?



## Whitney Academy/Whitney High North: November 20-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	<b>Chicken and Waffles</b> Whole Grain Drumstick with Waffles ½ Cup Steamed Broccoli 	Roasted Turkey Chicken Gravy ½ Cup Savory Green Beans Two Warm Dinner Rolls  Gluten Free Bun 	Cheese Quesadilla Salsa and Sour Cream ½ Cup of Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots 		
<b>2.mato</b>	<b>2 MATO</b>				
	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>  			
<b>EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL</b>					
<b>extra. extra.</b>	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad		
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks		
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit		
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit		

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# What's on the Menu?



## Whitney Academy/Whitney High North: November 27-30

	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 Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots	<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	Italian Meatball Sub ½ Cup Oven Baked Sweet Potato Fries <u>Gluten Free Option</u> Gluten Free Bun	
<b>2<sup>mato</sup></b>	<b>2 MATO</b>				
	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>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 		
<b>EXTRA EXTRA</b>					
<b>AVAILABLE DAILY WITH EVERY MEAL</b>					
<b>extra extra</b>	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	

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