

What's on the Menu?



Whitney Academy/Whitney High North May 1-3

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
			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	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
2 mato	2 MATO				
			Sausage Pizza	Sausage Pizza	Sausage Pizza
Classic Cheese Offered Daily All pizza have Roma Herb Blend 					
Gluten Free Pizza Available					
SO DELI	SO DELI				
	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>
extra extra	EXTRA EXTRA				
	AVAILABLE DAILY WITH EVERY MEAL				
	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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Visit aces.nutrislice.com to see your menu!

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What's on the Menu?



Whitney Academy/Whitney High North : May 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	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> No Bun  
2^{matato}	2 MATO				
	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Classic Cheese Offered Daily All pizza have Roma Herb Blend  Gluten Free Pizza Available					
SO DELI	SO DELI				
	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>  	
EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
extra^{extra}	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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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: May 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	BBQ Riblet Sandwich ½ Cup of Roasted Broccoli <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  
2.mato	2 MATO				
	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken	BBQ Chicken
Classic Cheese Offered Daily All pizza have Roma Herb Blend  Gluten Free Pizza Available					
SO DELI	SO DELI				
	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>  
extra extra	EXTRA EXTRA				
	AVAILABLE DAILY WITH EVERY MEAL				
	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:

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What's on the Menu?



Whitney Academy/Whitney High North: May 20-24

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

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What's on the Menu?



Whitney Academy/Whitney High North: May 28-31

	Monday	Tuesday	Wednesday	Thursday	Friday
create		AMERICAN CLASSIC			
		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 	BBQ Pulled Pork Sandwich ½ Cup of Cinnamon Mashed Sweet Potatoes <u>Gluten Free option</u> Gluten Free Bun 	Chicken Parmesan Sandwich Steamed Savory Green Beans <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun 	Beef, Bean and Cheese Burrito ½ Cup Steamed Carrots <u>Gluten Free Option</u> Beef, Bean and Shredded Cheddar served with Tortilla Rounds
2.mato	2 MATO				
		Meatball Pizza	Meatball Pizza	Meatball Pizza	Meatball Pizza
Classic Cheese Offered Daily All pizza have Roma Herb Blend 					
Gluten Free Pizza Available					
SO DELI	SO DELI				
	Salads offered with two whole grain dinner rolls				
	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> 	
extra extra	EXTRA EXTRA				
	AVAILABLE DAILY WITH EVERY MEAL				
		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	

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