

nutrislice

Whitney Academy/Whitney High North: April 1-4

	Monday	Tuesday	Wednesday	Thursday	Friday		
			AMERICAN CLASSIC				
create		Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream	Chicken Nuggets ½ Cup Steamed Green Beans (a) 1 Whole Grain Dinner Roll <u>Gluten Free option</u> Gluten Free Bun ()) ()) ()) ()) ()) ()) ()) ()		d The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten Free option Gluten Free Bun		
		<u>.</u>	2 MATO	<u></u>			
0			Meatball Pizza	Meatball Pizza	Meatball Pizza		
nate	Classic Cheese Offered Daily						
	All pizza have Roma Herb Blend Includes 1 cup of fruit or 1 cup of vegetable Gluten Free Pizza Available						
			SO DELI				
	Salads offered with two whole grain dinner rolls						
Ē			Tuna Salad Sub with Romaine Lettuce and Sliced Tomato	Ham and Turkey Chef Salad Two Whole Grain	Chicken Caesar Salad Wrap		
NU			Gluten Free Bread	Dinner Rolls	Gluten Free Bread		
ND			<u>Available</u>	Gluten Free Option	<u>Available</u>		
				Gluten Free Bread			
10	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		
X	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit		
O	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit		

THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY, FAT FREE CHOCOLATE.

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





Locally Grown



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GLUTEN FREE

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Whitney Academy/Whitney High North: April 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday			
			AMERICAN CLASSIC					
create	Chicken Parmesan Sandwich ½ Green Beans	Cheese Quesadilla ½ Cup Steamed Golden Corn Salsa and Sour Cream Ground and Pureed ½ Cup Steamed Baby	Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll	Gluten Free option Gluten Free Bun	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Tater Tots <u>Gluten Free Option</u> Gluten Free Bun Unbreaded Chicken			
		A			Breast			
			2 MATO					
۲. د	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza			
mat			ssic Cheese Offered D					
	All pizza have Roma Herb Blend							
		Includes 1 cup of fruit or 1 cup of vegetable						
	Gluten Free Pizza Available							
			SO DELI					
	Salads offered with two whole grain dinner rolls							
	Turkey and Cheese	Buffalo Chicken Salad	Tuna Salad Sub with	Ham and Turkey Chef	Chicken Caesar Salad			
_	Wrap with Lettuce and	Two Whole Grain	Romaine Lettuce and	Salad	Wrap			
01	Tomatoes	Dinner Rolls	Sliced Tomato	Two Whole Grain				
N m	Gluten Free Bread	Gluten Free Option	Gluten Free Bread	Dinner Rolls	Gluten Free Bread			
	<u>Available</u>	Gluten Free Bread	<u>Available</u>	Gluten Free Option	Available			
		UURN HE		Gluten Free Bread	tunien Hute			
			Contraction of the second					
		AVAILA	EXTRA EXTRA BLE DAILY WITH EVER					
_` 0	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			
X	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit			
0	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit			
THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY, FAT FREE 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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Whitney Academy/Whitney High North: April 14-18



FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



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Whitney Academy/Whitney High North: April 21-26

	Monday	Tuesday	Wednesday	Thursday	Friday		
	AMERICAN CLASSIC						
create	Macaroni and Cheese ½ Cup of Steamed Green Beans One Warm Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Pureed ½ Cup Steamed Baby	Italian Meatball Sub ¹ / ₂ Cup Oven Baked Fries <u>Gluten Free Option</u> Gluten Free Bun <u>Carrow</u>	BBQ Riblet Sandwich ½ Cup of Steamed Broccoli Gluten Free Option Gluten Free Bun C	Popcorn Chicken ¹ / ₂ Cup Seasoned Potato Wedges 1 WG Warm Dinner Rol <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun <u>Gluten Free Bun</u>		
			2 MATO				
0	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza		
mato	Classic Cheese Offered Daily						
	All pizza have Roma Herb Blend						
	Includes 1 cup of fruit or 1 cup of vegetable						
		Glute	en Free Pizza Avai	lable			
			SO DELI				
	Salads offered with two whole grain dinner rolls						
DELI	Turkey and Cheese Wrap with Lettuce and Tomatoes	Buffalo Chicken Salad Two Whole Grain Dinner Rolls	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato	Ham and Turkey Chef Salad Two Whole Grain	Chicken Caesar Salad Wrap		
	Gluten Free Bread <u>Available</u>	Gluten Free Option Gluten Free Bread	<u>Gluten Free Bread</u> <u>Available</u>	Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread	<u>Gluten Free Bread</u> <u>Available</u>		
			California a				
			EXTRA EXTRA	A.			
			BLE DAILY WITH EVER	RY MEAL			
б <u>С</u> ,	Fresh Sliced Cucumber Fresh Baby Carrots	Fresh Pepper Strips Fresh Grape Tomatoes	Fresh Caesar Salad Fresh Celery Sticks	Fresh Broccoli Fresh Garbanzo Beans	Green Peas Classic Potato Salad		
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit		
100	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit		
THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY,							

FAT FREE 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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Whitney Academy/Whitney High North: April 28-30

	Monday	Tuesday	Wednesday	Thursda	V	Friday
	Wonday	Tuesday	AMERICAN CLASSIC	marsua	7	Thuy
	Classic American	Chicken Tacos	Philly Steak and Cheese			
create	Cheeseburger	Shredded Lettuce	Sandwich			
	Sliced Tomatoes	Fresh Diced Tomatoes	½ Cup of Steamed			
	Chopped Romaine	Shredded Cheddar	Broccoli			
	¹ / ₂ Cup Oven Baked Fries	Salsa and Sour Cream	Gluten Free option			
	Gluten Free Option	½ Cup Steamed	Gluten Free Bun			
	Gluten Free Bun	Golden Corn 🔇				
		Ground and Pureed ½				
	TREE	Cup Steamed Baby				
	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1					
			2 MATO			
	Pepperoni Chicken					
ato	Pizza					
	Classic Cheese Offered Daily All pizza have Roma Herb Blend					
S S						
	Includes 1 cup of fruit or 1 cup of vegetable Gluten Free Pizza Available					
		Glut	SO DELI	laple		
		Salads offer	ed with two whole grain	n dinner rolls		
	Turkey and Cheese	Buffalo Chicken Salad	Tuna Salad Sub with			
	Wrap with Lettuce and	Two Whole Grain	Romaine Lettuce and			
01	Tomatoes	Dinner Rolls	Sliced Tomato			
N H	Gluten Free Bread	Gluten Free Option	Gluten Free Bread			
5.0	<u>Available</u>	Gluten Free Bread	<u>Available</u>			
	(UJUN) (HEL		NULLIN NEL			
			(Conserved)			
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
05	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad			
יטבי	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks			
۵×۵	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit			
<u> </u>	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit			
HE 5 ME	AL COMPONENTS FO	R A SCHOOL LUNCH	ARE MEAT/MEAT AL	TERNATE,	N	
GRAIN, 1	CUP FRUIT, 1 CUP V	EGETABLE AND MIL	K CHOICES THAT INC	LUDE 1%	X	0-0
	WHITE	, FAT FREE STRAWBE	ERRRY,		Vegetarian	Locally Gro
		AT FREE CHOCOLATE			-	
CHOOSE	AT ATLEAST 3 INCLU	DING : 1/2 CUP OF F	RUIT OR VEGETABLE	AND AT		
	O OTHER FULL COM	-			(1))
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