

What's on the Menu?



Whitney Academy/Whitney High North: April 1-4

	Monday	Tuesday	Wednesday	Thursday	Friday
create		Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream  	Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll <u>Gluten Free option</u> Gluten Free Bun  	Turkey Hot Dog ½ Cup of Boston Baked Beans <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  
	2 MATO				
2^{matato}			Meatball Pizza	Meatball Pizza	Meatball Pizza
	Classic Cheese Offered Daily All pizza have Roma Herb Blend Includes 1 cup of fruit or 1 cup of vegetable <u>Gluten Free Pizza Available</u> 				
SO DELI	SO DELI				
	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>  
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

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 STRAWBERRY, 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!!!



Vegetarian



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Gluten Available
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What's on the Menu?



Whitney Academy/Whitney High North: April 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday
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 	AMERICAN CLASSIC		
			Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	BBQ Pulled Pork Sandwich ½ Cup of Sweet Potato Fries <u>Gluten Free option</u> 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 Breast
2^{mate}	2 MATO				
	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
	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	SO DELI				
	Salads offered with two whole grain dinner rolls				
	Turkey and Cheese Wrap with Lettuce and Tomatoes <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	

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 STRAWBERRY, 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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What's on the Menu?



Whitney Academy/Whitney High North: April 14-18

	Monday	Tuesday	Wednesday	Thursday	Friday
	AMERICAN CLASSIC				
create					
	2 MATO				
	<p>Classic Cheese Offered Daily All pizza have Roma Herb Blend Includes 1 cup of fruit or 1 cup of vegetable Gluten Free Pizza Available</p>				
	SO DELI				
SO DELI	Salads offered with two whole grain dinner rolls				
	EXTRA EXTRA				
	AVAILABLE DAILY WITH EVERY MEAL				
extra. extra					

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 STRAWBERRY, 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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What's on the Menu?



Whitney Academy/Whitney High North: April 21-26

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	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 ½ Cup Oven Baked Fries <u>Gluten Free Option</u> Gluten Free Bun  	BBQ Riblet Sandwich ½ Cup of Steamed Broccoli <u>Gluten Free Option</u> Gluten Free Bun  	Popcorn Chicken ½ Cup Seasoned Potato Wedges 1 WG Warm Dinner Roll <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun  
2^{mato}	2 MATO				
	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza
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	SO DELI				
	Salads offered with two whole grain dinner rolls				
	Turkey and Cheese Wrap with Lettuce and Tomatoes <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	

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 STRAWBERRY, 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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What's on the Menu?



Whitney Academy/Whitney High North: April 28-30

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Classic American Cheeseburger Sliced Tomatoes Chopped Romaine ½ Cup Oven Baked Fries <u>Gluten Free Option</u> Gluten Free Bun  	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Pureed ½ Cup Steamed Baby 	AMERICAN CLASSIC Philly Steak and Cheese Sandwich ½ Cup of Steamed Broccoli <u>Gluten Free option</u> Gluten Free Bun 		
	2 MATO				
2^{mat}o	Pepperoni Chicken Pizza				
	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	SO DELI				
	Salads offered with two whole grain dinner rolls				
	Turkey and Cheese Wrap with Lettuce and Tomatoes <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>  		
EXTRA EXTRA					
AVAILABLE DAILY WITH EVERY MEAL					
extra:extra	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		

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 STRAWBERRY, FAT FREE CHOCOLATE.

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