






# What's on the Menu?



## Whitney Academy/Whitney High North: December 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Tater Tots <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 Purees ½ Steamed Baby Carrot 	Macaroni and Cheese ½ Cup Steamed Broccoli One WG Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta 	Whole Grain Drumstick ½ Cup Steamed Green Beans 1 WG Garlic Bread <u>Gluten Free Option</u> Unbreaded Chicken 	Philly Steak and Cheese Sandwich ½ Cup Oven Baked Potato Fries <u>Gluten Free Option</u> Gluten Free Bun 
<b>2<sup>mato</sup></b>	<b>2 MATO</b>				
	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 <u>Gluten Free Pizza Available</u> 				
<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 	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 Red and Green Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	German 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

**THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE SKIM, FAT FREE CHOCOLATE. CHOOSE AT LEAST 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: December 9-13

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>AMERICAN CLASSIC</b>				
<b>create</b>	Chicken Parmesan Sandwich ½ Cup Tater Tots <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun  	Cheese Quesadilla Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots  	Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 WG Dinner Roll <u>Gluten Free Option</u> Gluten Free Pasta  	The Perfect Sloppy Joe ½ Cup Sweet Potato Fries <u>Gluten Free Option</u> Gluten Free Bun  	Chicken Patty Sandwich ½ Cup Oven Baked Fries Sliced Tomatoes Chopped Romaine <u>Gluten Free Option</u> Gluten Free Bun  
	<b>2 MATO</b>				
<b>2<sup>o</sup> mato</b>	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch 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>Salads offered with two whole grain dinner rolls</b>				
<b>SO DELI</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 Red and Green Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	German 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, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE SKIM, 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



Locally Grown



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# What's on the Menu?



## Whitney Academy/Whitney High North: December 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	Grilled Cheese Tomato Soup  <u>Gluten Free option</u> Gluten Free Bread  	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Ground and Purees ½ Steamed Baby Carrot  	Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Dinner Roll <u>Gluten Free option</u> Unbreaded Chicken and Gluten Free Bun  	Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two WG Dinner Rolls <u>Gluten Free</u> Bun Available  	Popcorn Chicken ½ Cup Potato Wedges 1 WG Dinner Roll <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun  
<b>2 mato</b>	<b>2 MATO</b>				
	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken
<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>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 Red and Green Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	German 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

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