



What's on the Menu?



Whitney Academy/Whitney High North: December 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	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 
2^{mato}	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 <u>Gluten Free Pizza Available</u> 				
SO DELI	SO DELI				
	Salads offered with two whole grain dinner rolls				
	Turkey and Cheese 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 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!!!

 Vegetarian
 Locally Grown



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Visit aces.nutrislice.com to see your menu!



Gluten Available
Ask School Lead

What's on the Menu?



Whitney Academy/Whitney High North: December 9-13

	Monday	Tuesday	Wednesday	Thursday	Friday
	AMERICAN CLASSIC				
create	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  
	2 MATO				
2^{mat}o	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch Pizza	Chicken Bacon Ranch Pizza
	Classic Cheese Pizza Offered Daily All pizza have Roma Herb Blend Gluten Free Pizza Available 				
	SO DELI				
	Salads offered with two whole grain dinner rolls				
SO DELI	Turkey and Cheese 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 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



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What's on the Menu?



Whitney Academy/Whitney High North: December 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	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 
2 mato	2 MATO				
	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken
Classic Pizza 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 and Cheese Wrap <u>Gluten Free Bread</u> Available 	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</u> Available 	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</u> Available 
extra extra	EXTRA EXTRA				
	AVAILABLE DAILY WITH EVERY MEAL				
	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!!!



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