

What's on the Menu?





Whitney Academy/Whitney High North: February 3-7

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|---|
| create | AMERICAN CLASSIC | | | | |
| | Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries <u>Gluten Free option</u> Gluten Free Bun   | 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 MATO | | | | |
| | Meatball Pizza | 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 | | | | |
| | 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, 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!!!

 Vegetarian
 Locally Grown



Gluten Available
Ask School Lead








Visit:

Visit aces.nutrislice.com to see your menu!

What's on the Menu?



Whitney Academy/Whitney High North: February 10-14

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|--|
| create | Chicken Parmesan Sandwich ½ Cup Tater Tots  | 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  | Macaroni and Cheese ½ Cup of Steamed Green Beans One Warm Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta  |
| | 2 MATO | | | | |
| 2^{matato} | 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  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 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 | |

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, 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!!!

 Vegetarian
  Locally Grown



Gluten Available
Ask School Lead



Visit:

Visit aces.nutrislice.com to see your menu!

What's on the Menu?



Whitney Academy/Whitney High North: February 18-21

| | 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 | AMERICAN CLASSIC Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 WG Dinner Roll <u>Gluten Free Option</u> Gluten Free Pasta | Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two Warm Dinner Rolls Gluten Free Bun Available | Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Tater Tots |
| | | 2 MATO | | | |
| 2 MATO | | Chicken Ranch Bacon Pizza | Chicken Ranch Bacon Pizza | Chicken Ranch Bacon Pizza | Chicken Ranch Bacon 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 | |

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, 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!!!

Vegetarian Locally Grown



Visit:

Visit aces.nutrislice.com to see your menu!



Gluten Available
Ask School Lead

What's on the Menu?



Whitney Academy/Whitney High North: February 24-28

| | 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 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 Roasted 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 | 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 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 | |

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, 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!!!



Visit:

Visit aces.nutrislice.com to see your menu!



Gluten Available
Ask School Lead