

What's on the Menu?



Whitney Academy/Whitney High North: : January 2-3

	Monday	Tuesday	Wednesday	Thursday	Friday
	AMERICAN CLASSIC				
create				Roasted Turkey Chicken Gravy ½ Cup Savory Green Beans Two Warm Dinner Rolls <u>Gluten Option</u> Gluten Free Bun 	Classic American Cheeseburger Sliced Tomatoes Chopped Romaine ½ Cup Tater Tots <u>Gluten Free Option</u> Gluten Free Bun
				2 MATO	
2 mato	Classic Cheese and Pepperoni Pizza Offered Daily All pizza have Roma Herb Blend Gluten Free Pizza Available			Sausage Pizza	Sausage Pizza
				SO DELI	
	Salads offered with two whole grain dinner rolls				
SO DELI				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 Broccoli Fresh Garbanzo Beans	Green Peas Classic Potato Salad
				Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole 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!!!



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What's on the Menu?



Whitney Academy/Whitney High North: : 6-10

	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!!!



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Vegetarian



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What's on the Menu?



Whitney Academy/Whitney High North: January 13-20

	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					
Salads offered with two whole grain dinner rolls					
SO DELI	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	

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What's on the Menu?



Whitney Academy/Whitney High North: January 22-24

	Monday	Tuesday	Wednesday	Thursday	Friday
create			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^omato	2 MATO				
	Chicken Ranch Bacon Pizza Classic Cheese Offered Daily All pizza have Roma Herb Blend Gluten Free Pizza Available 			Chicken Ranch Bacon Pizza 	Chicken Ranch Bacon Pizza
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> 				
extra^o extra	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL				
			Fresh Caesar Salad Fresh Celery Sticks Fresh Whole Fruit Assorted Chilled Fruit	Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Green Peas Classic Potato Salad Fresh Whole Fruit Assorted Chilled Fruit

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What's on the Menu?



Whitney Academy/Whitney High North: January 27-31

	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	

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