

What's on the Menu?



Whitney Academy/Whitney High North: March 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 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 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	

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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What's on the Menu?



Whitney Academy/Whitney High North: March 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 	
	2 MATO				
2^{mat}	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: March 17-21

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Macaroni and Cheese ½ Cup of Steamed Green Beans One Warm Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta 	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 Whole Grain Baked Ziti ½ Cup Baby Carrots 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 <u>Gluten Free Option</u> Gluten Free Bun Unbreaded Chicken Breast 
	2 MATO				
2 MATO	Chicken Ranch Bacon Pizza	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 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				
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

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 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: March 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 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: March 31

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	Classic American Cheeseburger Sliced Tomatoes Chopped Romaine ½ Cup Oven Baked Fries <u>Gluten Free Option</u> Gluten Free Bun 				
2^{mato}	2 MATO				
	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				
SO DELI	Turkey and Cheese Wrap with Lettuce and Tomatoes <u>Gluten Free Bread Available</u> 				
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL				
extra^{extra}	Fresh Sliced Cucumber				
	Fresh Baby Carrots				
	Fresh Whole 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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