

What's on the Menu?



Whitney Academy/Whitney High North: November 1

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
					The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes <u>Gluten Free Option</u> Gluten Free Bun
2 ^{mato}	2 MATO				
			Classic Cheese Pizza Offered Daily All pizza have Roma Herb Blend Gluten Free Pizza Available 		Pepperoni Pizza
SO DELI	SO DELI				
			Salads offered with two whole grain dinner rolls 		Chicken Caesar Salad Wrap <u>Gluten Free Bread Available</u>
extra. extra	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL				
					Green Peas
					German Potato Salad
					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 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: November 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Corn on Cob <u>Gluten Free Option</u> Gluten Free Bun 		AMERICAN CLASSIC Macaroni and Cheese ½ Cup Steamed Green Beans One WG Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta 	<u>Chicken and Waffles</u> Whole Grain Drumstick Whole Grain Waffle ½ Cup Steamed Broccoli <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
	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 Ranch Wrap <u>Gluten Free Bread Available</u> 		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 Caesar Salad	Fresh Broccoli	Green Peas
	Fresh Baby Carrots		Fresh Celery Sticks	Fresh Garbanzo Beans	German 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

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: November 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
create		Cheese Quesadilla Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots 	AMERICAN CLASSIC Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 WG Dinner Roll <u>Gluten Free Option</u> Gluten Free Pasta 	BBQ Pulled Pork Sandwich ½ Cup Oven Baked Sweet Potato Fries <u>Gluten Free option</u> Gluten Free Bun 	Chicken Patty Sandwich ½ Cup Potato Wedges Pickles Sliced Tomatoes Chopped Romaine <u>Gluten Free Option</u> Gluten Free Bun
		2 MATO			
2mato		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	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 Red and Green Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
		Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	German 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	

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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What's on the Menu?



Whitney Academy/Whitney High North: November 18-22

	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 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 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 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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What's on the Menu?



Whitney Academy/Whitney High North : November 25-27

	Monday	Tuesday	Wednesday	Thursday	Friday
	AMERICAN CLASSIC				
create	Chicken Parmesan Sandwich ½ Cup Steamed Savory Green Beans Gluten Free Option Unbreaded Chicken Gluten Free Bun 	Beef, Bean and Cheddar Burrito ½ Cup Golden Steamed Corn 	Roasted Turkey ½ Cup Steamed Green Beans Two WG Dinner Rolls Gluten Free option Gluten Free Bun 		 <p>Stay Healthy. Stay Secure.</p>
	2 MATO				
2^{matato}	Meatball Pizza	Meatball Pizza	Meatball 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 Ranch Wrap Gluten Free Bread Available 	Buffalo Chicken Salad Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread 	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato Gluten Free Bread Available 		
	EXTRA EXTRA				
	AVAILABLE DAILY WITH EVERY MEAL				
extra extra	Fresh Sliced Cucumber	Fresh Red and Green Pepper Strips	Fresh Caesar Salad		
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks		
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole 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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