What's on the Menu?





Whitney Academy/Whitney High North: November 1

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
					The Perfect Sloppy Joe	
Ω					½ Cup Herb	
بنه					Roasted Potatoes 🎙	
create					Gluten Free Option	
a)					Gluten Free Option Gluten Free Bun	
					Giuteil Tree Buil	
					The state of the s	
			2 MATO			
			2		Pepperoni Pizza	
r O		Class	ic Cheese Pizza Offere	d Daily		
mato			oizza have Roma Herb	Blend -		
		_		GLUTEN REE		
	Gluten Free Pizza Available					
	SO DELI					
		Salads offe	red with two whole grain	n dinner rolls		
				T		
					Chicken Caesar Salad	
					Wrap	
\sim \Box					Gluten Free Bread	
SO					<u>Available</u>	
VID					GUINN WEI	
					TREE	
			EXTRA EXTRA			
	AVAILABLE DAILY WITH EVERY MEAL					
O,O,					Green Peas	
72					German Potato Salad	
TXX					Fresh Whole Fruit	
O					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 INCLUING: 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER
FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



Locally Grown



Visit:

Visit aces.nutrislice.com to see your menu!

Gluten Available Ask School Lead

GLUTEN FREE

What's on the Menu?





Whitney Academy/Whitney High North: November 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Corn on Cob Gluten Free Option Gluten Free Bun	PROFESSIONAL DEVELOPMENT NO SCHOOL FOR STUDIATS	Macaroni and Cheese ½ Cup Steamed Green Beans One WG Whole Grain Dinner roll Gluten Free Option Gluten Free Pasta	Chicken and Waffles Whole Grain Drumstick Whole Grain Waffle ½ Cup Steamed Broccoli Gluten Free Option Unbreaded Chicken	Philly Steak and Cheese Sandwich % Cup Oven Baked Potato Fries Gluten Free Option Gluten Free Bun	
			2 MATO			
	Buffalo Chicken Pizza		Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	
ato	Classic Cheese Offered Daily All pizza have Roma Herb Blend					
É						
	Gluten Free Pizza Available					
	SO DELI					
	Salads offered with two whole grain dinner rolls					
	Turkey Ranch Wrap		Tuna Salad Sub with Romaine Lettuce and Sliced Tomato	Ham and Turkey Chef Salad Two Whole Grain	Chicken Caesar Salad Wrap	
$0 \rightarrow$	Gluten Free Bread		Gluten Free Bread	Dinner Rolls	Gluten Free Bread	
\mathcal{G}	<u>Available</u>		Available	Gluten Free Option	<u>Available</u>	
MA			_	Gluten Free Bread		
			unn unn und und und und und und und und		(u)	
	EXTRA EXTRA					
	AVAILABLE DAILY WITH EVERY MEAL					
W.O.	Fresh Sliced Cucumber		Fresh Caesar Salad	Fresh Broccoli	Green Peas	
کیتر ا	Fresh Baby Carrots		Fresh Celery Sticks	Fresh Garbanzo Beans	German Potato Salad	
i×a a	Fresh Whole Fruit		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
Ψ,	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 INCLUING: 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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Gluten Available Ask School Lead

What's on the Menu?

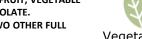




Whitney Academy/Whitney High North: November 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday		
	AMERICAN CLASSIC						
		Cheese Quesadilla	Whole Grain Baked Ziti	BBQ Pulled Pork	Chicken Patty Sandwich		
		Salsa and Sour Cream	½ Cup Savory Green	Sandwich	1/2 Cup Potato Wedges		
9		½ Cup Steamed Golden	,	½ Cup Oven Baked	Pickles		
	1	Corn 📎	1 WG Dinner Roll	Sweet Potato Fries	Sliced Tomatoes		
create		Ground and Purees ½	Gluten Free Option	Gluten Free option	Chopped Romaine		
\mathcal{L}	НАРРУ	Steamed Baby Carrots	Gluten Free Pasta	Gluten Free Bun	Gluten Free Option Gluten Free Bun		
\overline{c}	VETERANS DAY		(1)	GUIEN RIE	Gluten Free Bun		
			REE	All The	REE		
					A STATE OF THE STA		
			2 MATO				
		Chicken Bacon Ranch	Chicken Bacon Ranch	Chicken Bacon Ranch	Chicken Bacon Ranch		
ato		Pizza	Pizza	Pizza	Pizza		
m	Classic Cheese Pizza Offered Daily						
	All pizza have Roma Herb Blend						
	Gluton Free Pizza Available						
	Glutell Flee Fizza Available						
	SO DELI						
	Salads offered with two whole grain dinner rolls						
		Buffalo Chicken Salad	Tuna Salad Sub with	Ham and Turkey Chef	Chicken Caesar Salad		
		Two Whole Grain	Romaine Lettuce and	Salad	Wrap		
\sim \Box		Dinner Rolls	Sliced Tomato	Two Whole Grain			
$\tilde{\mathcal{O}}$		Gluten Free Option	Gluten Free Bread	Dinner Rolls	Gluten Free Bread		
MA		Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>		
		(AUIN)	(0	Gluten Free Bread	(<u>0</u>		
		THE STATE OF THE S	FRE	GMIN	FILE		
				Mil			
		EXTRA EXTRA					
				4			
			BLE DAILY WITH EVER		-		
20 .		Fresh Red and Green		RY MEAL Fresh Broccoli	Green Peas		
. <u></u>		Fresh Red and Green Pepper Strips	BLE DAILY WITH EVER Fresh Caesar Salad	Fresh Broccoli			
tra. Xtra		Fresh Red and Green	BLE DAILY WITH EVER		Green Peas German Potato Salad		
extra.		Fresh Red and Green Pepper Strips	BLE DAILY WITH EVER Fresh Caesar Salad	Fresh Broccoli			

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 INCLUING: 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	
	AMERICAN CLASSIC					
create	Grilled Cheese Tomato Soup Gluten Free option 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 Gluten Free option Unbreaded Chicken and Gluten Free Bun	Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two WG Dinner Rolls Gluten Free Bun Available	Popcorn Chicken ½ Cup Potato Wedges 1 WG Dinner Roll Gluten Free Option Unbreaded Chicken Gluten Free Bun	
			2 MATO			
0	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken	
mat	Classic Pizza Offered Daily All pizza have Roma Herb Blend Gluten Free Pizza Available					
	SO DELI					
		Salads offer	ed with two whole grain	n 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	Ham and Turkey Chef Salad Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Chicken Caesar Salad Wrap Gluten Free Bread Available	
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
igo:	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	
	Assorted Crimed Fruit	Assorted Chilled Ffull	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Cillieu 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 INCLUING: 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER** FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!





Vegetarian

Locally Grown









What's on the Menu?





Whitney Academy/Whitney High North: : November 25-27

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	Chicken Parmesan Sandwich 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	Thanks giving &	Stay Healthy, Stay Secure.	
			2 MATO			
	Meatball Pizza	Meatball Pizza	Meatball Pizza			
ato			ssic Cheese Offered D			
The same	All pizza have Roma Herb Blend					
		Glute	en Free Pizza Avai	lable		
			SO DELI			
	Salads offered with two whole grain dinner rolls					
SO DELI	Turkey Ranch Wrap	Buffalo Chicken Salad Two Whole Grain Dinner Rolls	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato			
	Gluten Free Bread Available	Gluten Free Option Gluten Free Bread	Gluten Free Bread Available			
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
	Fresh Sliced Cucumber		Fresh Caesar Salad	Y IVIEAL		
30 .	Fresh Sliced Cucumber	Pepper Strips	Fresh Caesar Salad			
المُحْكِدُ ا	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks			
. ≈ 6	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole 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 INCLUING: 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!**





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