What's on the Menu?





Whitney Academy/Whitney High North: : October 1-4

	Monday	Tuesday	Wednesday	Thursday	Friday		
	AMERICAN CLASSIC						
create		Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream	Chicken Nuggets 2 Cup Green Beans 1 WG Dinner Roll Gluten Free option Unbreaded Chicken Gluten Free Bun	Rosh Hashanah	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten Free Option Gluten Free Bun		
			2 MATO				
		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza		
o	Classic Cheese Pizza Offered Daily						
mat	All pizza have Roma Herb Blend						
	Gluten Free Pizza Available						
	SO DELI						
	Salads offered with two whole grain dinner rolls						
		Buffalo Chicken Salad Two Whole Grain Dinner Rolls	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato	Ham and Turkey Chef Salad Two Whole Grain	Chicken Caesar Salad Wrap		
$\overline{\Box}$		Gluten Free Option	Gluten Free Bread	Dinner Rolls	Gluten Free Bread		
SE E		Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>		
912		(GUIRN) REE	(A)IIN	Gluten Free Bread	GUTEN Fight		
	EXTRA EXTRA						
		AVAILABLE DAILY WITH EVERY MEAL					
O,O		Fresh 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		

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 STRAWBERRY, SKIM CHOCOLATE.

Vegetarian



Locally Grown

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!!!



Visit:

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What's on the Menu?





Whitney Academy/Whitney High North: October 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday		
	AMERICAN CLASSIC						
	Grilled Cheese	Beef Tacos	Chicken Tenders	Savory Baked Stuffed	Popcorn Chicken		
(1)	Tomato Soup	Shredded Lettuce	½ Cup of Oven Baked	Potato with Broccoli,	½ Cup of Potato		
create		Fresh Diced Tomatoes	Crispy Seasoned Fries	Nam and Shredded	Wedges 🎙		
G	Gluten Free option	Shredded Cheddar	1 Dinner Roll	Cheddar Cheese	1 WG Dinner Roll		
as	Gluten Free Bread	Salsa and Sour Cream	Gluten Free option	With	Gluten Free Option		
	(B) (U)TIV FREE	½ Cup Black beans	Unbreaded Chicken	Two Warm Dinner Rolls	Unbreaded Chicken		
\circ			and Gluten Free Bun	<u>Gluten Free</u>	Gluten Free Bun		
			LUTION Filet	Bun Available	(UTION)		
				(ti Gunda Pirit	MIL		
				W. Company	B Sh		
			2 MATO	1			
	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken	BBQ Chicken		
nato		Cla	assic Pizza Offered Da	nily			
		All pi	zza have Roma Herb				
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Gluten Free Pizza Available						
	SO DELI						
	Salads offered with two whole grain dinner rolls						
	Turkey Ranch Wrap	Buffalo Chicken Salad	Tuna Salad Sub with	Ham and Turkey Chef	Chicken Caesar Salad		
077	Turkey Ranch Wrap	Two Whole Grain	Romaine Lettuce and	Salad	Chicken Caesar Salad Wrap		
SS		Two Whole Grain Dinner Rolls	Romaine Lettuce and Sliced Tomato	Salad Two Whole Grain	Wrap		
SO DELI	Gluten Free Bread	Two Whole Grain Dinner Rolls Gluten Free Option	Romaine Lettuce and Sliced Tomato Gluten Free Bread	Salad Two Whole Grain Dinner Rolls	Wrap Gluten Free Bread		
SO DELI		Two Whole Grain Dinner Rolls	Romaine Lettuce and Sliced Tomato	Salad Two Whole Grain Dinner Rolls Gluten Free Option	Wrap		
SO DELI	Gluten Free Bread	Two Whole Grain Dinner Rolls Gluten Free Option	Romaine Lettuce and Sliced Tomato Gluten Free Bread	Salad Two Whole Grain Dinner Rolls	Wrap Gluten Free Bread		
SO DELI	Gluten Free Bread	Two Whole Grain Dinner Rolls Gluten Free Option	Romaine Lettuce and Sliced Tomato Gluten Free Bread	Salad Two Whole Grain Dinner Rolls Gluten Free Option	Wrap Gluten Free Bread		
SO DELI	Gluten Free Bread	Two Whole Grain Dinner Rolls Gluten Free Option	Romaine Lettuce and Sliced Tomato Gluten Free Bread	Salad Two Whole Grain Dinner Rolls Gluten Free Option	Wrap Gluten Free Bread		
SO DELI	Gluten Free Bread	Two Whole Grain Dinner Rolls Gluten Free Option	Romaine Lettuce and Sliced Tomato Gluten Free Bread	Salad Two Whole Grain Dinner Rolls Gluten Free Option	Wrap Gluten Free Bread		
SODELI	Gluten Free Bread	Two Whole Grain Dinner Rolls Gluten Free Option	Romaine Lettuce and Sliced Tomato Gluten Free Bread	Salad Two Whole Grain Dinner Rolls Gluten Free Option	Wrap Gluten Free Bread		
SO	Gluten Free Bread	Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Romaine Lettuce and Sliced Tomato Gluten Free Bread Available	Salad Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Wrap Gluten Free Bread		
012	Gluten Free Bread Available	Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Romaine Lettuce and Sliced Tomato Gluten Free Bread Available EXTRA EXTRA BLE DAILY WITH EVER	Salad Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Wrap Gluten Free Bread Available		
012	Gluten Free Bread Available White the state of the state	Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread AVAILA Fresh Pepper Strips	Romaine Lettuce and Sliced Tomato Gluten Free Bread Available EXTRA EXTRA BLE DAILY WITH EVER Fresh Caesar Salad	Salad Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Wrap Gluten Free Bread Available Green Peas		
012	Gluten Free Bread Available	Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Romaine Lettuce and Sliced Tomato Gluten Free Bread Available EXTRA EXTRA BLE DAILY WITH EVER	Salad Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Wrap Gluten Free Bread Available		
012	Gluten Free Bread Available White the state of the state	Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread AVAILA Fresh Pepper Strips	Romaine Lettuce and Sliced Tomato Gluten Free Bread Available EXTRA EXTRA BLE DAILY WITH EVER Fresh Caesar Salad	Salad Two Whole Grain Dinner Rolls Gluten Free Option Gluten Free Bread	Wrap Gluten Free Bread Available Green Peas		

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 STRAWBERRY, SKIM CHOCOLATE.

Vegetarian



Locally Grown

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What's on the Menu?





Whitney Academy/Whitney High North: 15-18

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Ivioliday	Tuesuay	AMERICAN CLASSIC	Tituisuay	Tiluay		
		Cheese Quesadilla	Whole Grain Baked Ziti	BBQ Pulled Pork	Chicken Patty Sandwich		
cr eat e		Salsa and Sour Cream	½ Cup Savory Green	Sandwich	½ Cup of Potato		
Ġ	BANANANANANANANANANANANANANANANANANANAN	½ Cup of Steamed	Beans 🎙	½ Cup Oven Baked	Wedges		
35	VVVVVVV	Golden Corn 🕅	1 Whole Grain Dinner	Sweet Potato Frie 🕄	Pickles		
9	INDIGENOUS≉	Ground and Purees ½	Roll	Gluten Free option	Sliced Tomatoes		
\sim	DEUDI EC. DVA	Steamed Baby Carrots	Gluten Free Option	Gluten Free Bun	Chopped Romaine		
	TLUILLO DAI		Gluten Free Pasta	(STAIN) USE	Gluten Free Option		
			GUTEN REE	AV.	Gluten Free Bun		
					GLUTEN		
			No.				
			2 MATO				
	Chicken Bacon Ranch	Chicken Bacon Ranch	Chicken Bacon Ranch	Chicken Bacon Ranch	Chicken Bacon Ranch		
,	Pizza	Pizza	Pizza	Pizza	Pizza		
nato	Classic Cheese Pizza Offered Daily						
	All pizza have Roma Herb Blend						
**	nutrislice (a)						
	Gluten Free Pizza Available						
	SO DELI						
_		Salads offer	ed with two whole grain	n dinner rolls			
0							
$\mathcal{K}_{\mathcal{D}}$	Turkey Ranch Wrap	Buffalo Chicken Salad	Tuna Salad Sub with	Ham and Turkey Chef	Chicken Caesar Salad		
217		Two Whole Grain	Romaine Lettuce and	Salad	Wrap		
		Dinner Rolls	Sliced Tomato	Two Whole Grain			
	Gluten Free Bread	Gluten Free Option	<u>Gluten Free Bread</u>	Dinner Rolls	Gluten Free Bread		
	<u>Available</u>	Gluten Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>		
	(GUIEN)		GUILIN FREE	Gluten Free Bread	(HE)		
				GUITH	199		
			Colonia Coloni	A 600			
, m	EXTRA EXTRA						
65		AVAILA	BLE DAILY WITH EVER	Y MEAL			
	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas		
• ĕ €;	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		

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 STRAWBERRY, SKIM CHOCOLATE.

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Vegetarian Locally Grown



What's on the Menu?





Whitney Academy/Whitney High North: October 21-25

	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	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots	Macaroni and Cheese ½ Cup of Steamed Green Beans One Warm 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 Oven Baked Potato Fries Gluten Free Option Gluten Free Bun		
	2 MATO						
9	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						
~ =	Turkey Ranch Wrap	Buffalo Chicken Salad Two Whole Grain Dinner Rolls	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato	Ham and Turkey Chef Salad Two Whole Grain	Chicken Caesar Salad Wrap		
\mathcal{G}	Gluten Free Bread	Gluten Free Option	Gluten Free Bread	Dinner Rolls	Gluten Free Bread		
410	<u>Available</u>	Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>		
		(a) (a) (b) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c		Gluten Free Bread			
	EXTRA EXTRA						
	AVAILABLE DAILY WITH EVERY MEAL						
SO.	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas		
152,	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		
(D)	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: : October 28-31

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	Chicken Parmesan Sandwich Steamed Savory Green Beans Gluten Free Option Unbreaded Chicken Gluten Free Bun	Beef, Bean and Cheddar Burrito ½ Cup Golden Steamed Corn	Italian Meatball Sub ½ Cup Steamed Cheezy Broccoli Gluten Free Option Gluten Free Bun	Beef Hot Dog ½ Cup of Boston Baked Beans Gluten Free option No Bun		
			2 MATO			
	Meatball Pizza	Meatball Pizza	Meatball Pizza	Meatball Pizza		
ţ			ssic Cheese Offered D			
ma	All pizza have Roma Herb Blend					
	Gluten Free Pizza Available					
	SO DELI					
	Salads offered with two whole grain dinner rolls					
_	Turkey Ranch Wrap	Buffalo Chicken Salad Two Whole Grain Dinner Rolls	Tuna Salad Sub with Romaine Lettuce and Sliced Tomato	Ham and Turkey Chef Salad Two Whole Grain		
04	Gluten Free Bread	Gluten Free Option	Gluten Free Bread	Dinner Rolls		
SC	Available	Gluten Free Bread	Available	Gluten Free Option Gluten Free Bread		
			Carried States			
	EXTRA EXTRA					
	AVAILABLE DAILY WITH EVERY MEAL					
W.W.	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli		
ا چکتا ا	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans		
6 %.	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit		
"	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit		

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