

What's on the Menu?



Whitney Academy/Whitney High North: September 3-6

	Monday	Tuesday	Wednesday	Thursday	Friday
create		Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream 	Chicken Nuggets ½ Cup of Mashed Potato Home-made Chicken Gravy 1 WG Garlic Bread <u>Gluten Free option</u> Unbreaded Chicken Gluten Free Bun 	Beef Hot Dog ½ Cup of Boston Baked Beans <u>Gluten Free option</u> No Bun 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes <u>Gluten Free Option</u> Gluten Free Bun
		AMERICAN CLASSIC			
2^{mate}	2 MATO				
		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni 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 Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas
		Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic 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.

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: September 9-13

	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 Carrots 	Chicken Tenders ½ Cup of Mashed Potatoes with Homemade chicken gravy Garlic Bread <u>Gluten Free option</u> Unbreaded Chicken and Gluten Free B Garlic Bread 	Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two Warm Dinner Rolls <u>Gluten Free</u> Bun Available 	Popcorn Chicken ½ Cup of Cajun 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 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 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 STRAWBERRY, SKIM CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:

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What's on the Menu?



Whitney Academy/Whitney High North: September 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Italian Meatball Sub ½ Cup Steamed Cheesy Broccoli <u>Gluten Free Option</u> Gluten Free Bun  	Cheese Quesadilla Salsa and Sour Cream ½ Cup of Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots 	AMERICAN CLASSIC Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain 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 of Potato Wedges Pickles Sliced Tomatoes Chopped Romaine <u>Gluten Free Option</u> Gluten Free Bun  
	2 MATO				
2^{mato}	Chicken Bacon Pizza	Chicken Bacon Pizza	Chicken Bacon Pizza	Chicken Bacon Pizza	Chicken Bacon Pizza
	Classic Cheese Pizza 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>  	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

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.

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: September 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Corn on Cob <u>Gluten Free Option</u> 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 <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 Oven Baked Potato Wedges <u>Gluten Free Option</u> Gluten Free Bun 
2.mato	2 MATO				
	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	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 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

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.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:

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What's on the Menu?



Whitney Academy/Whitney High North: : September 30

	Monday	Tuesday	Wednesday	Thursday	Friday
	AMERICAN CLASSIC				
create	Chicken Parmesan Sandwich Steamed Savory Green Beans <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun 				
	2 MATO				
2^{mat}o	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				
	<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				

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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