What's on the Menu?





Whitney Academy/Whitney High North: September 3-6

	Monday	Tuesday	Wednesday	Thursday	Friday		
	AMERICAN CLASSIC						
create	HAPPY LABOR DAY	Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream	Chicken Nuggets ½ Cup of Mashed Potato Potato Home-made Chicken Gravy 1 WG Garlic Bread Gluten Free option Unbreaded Chicken Gluten Free Bun	Beef Hot Dog ½ Cup of Boston Baked Beans Gluten Free option No Bun	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		
ato		Classic	Cheese Pizza Offere	d Daily			
O	All pizza have Roma Herb Blend Gluten Free Pizza Available						
	SO DELI						
	Salads offered with two whole grain dinner rolls						
7		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		
グヨ		Gluten Free Option	Gluten Free Bread	Dinner Rolls	Gluten Free Bread		
VID		Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>		
			United States	Gluten Free Bread			
	EXTRA EXTRA						
	AVAILABLE DAILY WITH EVERY MEAL						
O.O.		Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas		
125.		Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad		
. ≾ ∂		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit		
O.		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:

Visit aces.nutrislice.com to see your menu!

What's on the Menu?





Whitney Academy/Whitney High North: September 9-13

	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 Carrots	Chicken Tenders ½ Cup of Mashed Potatoes with Homemade chicken gravy Garlic Bread Gluten Free option Unbreaded Chicken and Gluten Free B	Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two Warm Dinner Rolls Gluten Free Bun Available	Popcorn Chicken ½ Cup of Cajun Seasoned Potato Wedges 1 WG Warm Dinner Roll Gluten Free Option Unbreaded Chicken Gluten Free Bun		
			2 MATO				
lato	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken	BBQ Chicken		
		Cla	assic Pizza Offered Da	aily			
A. C.		All pi	zza have Roma Herb	Blend			
		•					
	Gluten Free Pizza Available						
	SO DELI						
_	Salads offered with two whole grain dinner rolls						
$0 \stackrel{\rightarrow}{\rightarrow}$	Turkey Ranch Wrap	Buffalo Chicken Salad	Tuna Salad Sub with	Ham and Turkey Chef	Chicken Caesar Salad		
Хm	· ·	Two Whole Grain	Romaine Lettuce and	Salad	Wrap		
ND		Dinner Rolls	Sliced Tomato	Two Whole Grain	·		
	Gluten Free Bread	Gluten Free Option	Gluten Free Bread	Dinner Rolls	Gluten Free Bread		
	<u>Available</u>	Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>		
	(GUILIN)	GUINN HE	(i) SUREN	Gluten Free Bread	(Finith)		
100	EXTRA EXTRA						
U.C.	AVAILABLE DAILY WITH EVERY MEAL						
	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas		
;¥60	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		
K-12: TH	Assorted Chilled Fruit	NENTS FOR A SCH	OOL LUNCH ARE'N	Assorted Chilled Fr of	Assorted Ch		

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: September 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday		
			AMERICAN CLASSIC				
create	Italian Meatball Sub ½ Cup Steamed Cheezy Broccoli Gluten Free Option Gluten Free Bun	Cheese Quesadilla Salsa and Sour Cream ½ Cup of Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots	Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll Gluten Free Option Gluten Free Pasta	BBQ Pulled Pork Sandwich ½ Cup Oven Baked Sweet Potato Fries Gluten Free option Gluten Free Bun	Chicken Patty Sandwich ½ Cup of Potato Wedges Plckles Sliced Tomatoes Chopped Romaine Gluten Free Option Gluten Free Bun		
			2 MATO				
o O	Chicken Bacon Pizza	Chicken Bacon Pizza	Chicken Bacon Pizza	Chicken Bacon Pizza	Chicken Bacon Pizza		
mat	Classic Cheese Pizza Offered Daily						
90	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	Tuna Salad Sub with	Ham and Turkey Chef	Chicken Caesar Salad		
		Two Whole Grain	Romaine Lettuce and	Salad	Wrap		
	Clutur Free David	Dinner Rolls	Sliced Tomato	Two Whole Grain	Chatan Fara Barad		
077	<u>Gluten Free Bread</u> <u>Available</u>	Gluten Free Option Gluten Free Bread	<u>Gluten Free Bread</u> Available	Dinner Rolls Gluten Free Option	<u>Gluten Free Bread</u> Available		
NZ	Available	Gluten Tree Breau	Available	Gluten Free Bread	Available		
	(SUILIN)	FREE	(GUTEN)	(FILIN)	GUTEN)		
	EXTRA EXTRA						
	AVAILABLE DAILY WITH EVERY MEAL						
		Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas		
SO.	Fresh Sliced Cucumber						
igi.	Fresh Sliced Cucumber Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad		
xtra. xtra			Fresh Celery Sticks Fresh Whole Fruit	Fresh Garbanzo Beans Fresh Whole Fruit	Classic Potato Salad Fresh Whole 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 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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Vegetarian

Locally Grown



Gluten Available Ask School Lead



USDA is an equal opportunity employer and provider.

What's on the Menu?





Whitney Academy/Whitney High North: September 23-27

	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 Wedges Gluten Free Option Gluten Free Bun	
			2 MATO			
o,	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	
mat	Classic Cheese Offered Daily					
	All pizza have Roma Herb Blend Gluten Free Pizza Available					
	SO DELI					
	Salads offered with two whole grain dinner rolls					
7	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	
ЗŽ	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>	
		(univ)	G INN	Gluten Free Bread	(u)	
	EXTRA EXTRA					
	AVAILABLE DAILY WITH EVERY MEAL					
O.O.	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas	
17.9.	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad	
. <u>×6</u>	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
.00	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.

Vegetarian [



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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Whitney Academy/Whitney High North: : September 30

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	Chicken Parmesan Sandwich Steamed Savory Green Beans Gluten Free Option Unbreaded Chicken Gluten Free Bun					
			2 MATO			
0	Meatball Pizza					
C mato	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	Turkey Ranch Wrap					
317	Gluten Free Bread					
	Available					
	EXTRA EXTRA					
	AVAILABLE DAILY WITH EVERY MEAL					
6 <u>7.</u>	Fresh Sliced Cucumber Fresh Baby Carrots					
TX.	Fresh Whole Fruit					
:@a	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 INCLUING: 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:

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