

What's on the Menu?



Whitney Academy/Whitney High North: : October 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	Breakfast for Lunch 3 French Toast 2 strips of Bacon 	Beef and Bean Burrito 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 <u>Gluten Free Option</u> Gluten Free Pasta 	Philly Steak and Cheese Sandwich Oven Baked Potato Wedges <u>Gluten Free Option</u> Gluten Free Bun 	Macaroni and Cheese ½ Cup of Steamed Cinnamon Baby Carrots One Warm Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta 
2^o mato	2 MATO				
	Sausage Pizza	Sausage Pizza	Sausage Pizza	Sausage Pizza	Sausage 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:

CHOOSE ALL 5!!!

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What's on the Menu?



Whitney Academy/Whitney High North: : October 10-13

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
		Two Soft Chicken Tacos Shredded Lettuce Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup of Seasoned Black Beans 	Grilled Cheese Tomato Soup <u>Gluten Free option</u> Gluten Free Bread 	Chicken Tenders ½ Cup of Mashed Potatoes with Homemade chicken gravy Garlic Bread <u>Gluten Free option</u> Unbreaded Chicken and Gluten Free Bun Garlic Bread 	Beef Hot Dog ½ Cup of Boston Baked Beans <u>Gluten Free option</u> No Bun
2 MATO					
2^{matato}		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					
Salads offered with two whole grain dinner rolls					
SO DELI		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 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: October 16-20


	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Seasoned Fries <u>Gluten Free Option</u> Gluten Free Bun  	Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream 	Chicken Patty Sandwich ½ Cup of Seasoned Crispy Fries Sliced Tomatoes Chopped Romaine <u>Gluten Free Option</u> Gluten Free Bun  	Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two Warm Dinner Rolls Gluten Free Bun Available  	Italian Meatball Sub ½ Cup Oven Baked Sweet Potato Fries <u>Gluten Free Option</u> 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 LEAST 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: October 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	Chicken and Waffles Whole Grain Drumstick with Waffles ½ Cup Steamed Broccoli	Cheese Quesadilla Salsa and Sour Cream ½ Cup of Steamed Golden Corn Ground and Purees ½ Steamed Baby Carrots	BBQ Pulled Pork Sandwich ½ Cup of Sweet Potato Fries <u>Gluten Free option</u> Gluten Free Bun	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes <u>Gluten Free Option</u> Gluten Free Bun	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				
	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken 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				
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

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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: October 30-31

	Monday	Tuesday	Wednesday	Thursday	Friday
create	AMERICAN CLASSIC				
	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 Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn  Ground and Purees ½ Steamed Baby Carrots 			
2.mato	2 MATO				
	Meatball Pizza	Meatball 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  			
extra extra	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL 				
	Fresh Sliced Cucumber	Fresh Pepper Strips			
	Fresh Baby Carrots	Fresh Grape Tomatoes			
	Fresh Whole Fruit	Fresh Whole Fruit			
	Assorted Chilled Fruit	Assorted Chilled Fruit			

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