



Whitney Academy/Whitney High North May 1-3

	Monday	Tuesday	Wednesday	Thursday	Friday		
		AMERICAN CLASSIC					
create			Chicken Nuggets ½ Cup of Mashed Potato Home-made Chicken Gravy 1 WG Garlic Bread	Philly Steak and Cheese Sandwich Oven Baked Potato Wedges Gluten Free Option Gluten Free Bun	Macaroni and Cheese ½ Cup of Steamed Cinnamon Baby Carrots One Warm Whole Grain Dinner roll Gluten Free Option		
CYE			Gluten Free option Unbreaded Chicken Gluten Free Bun		Gluten Free Pasta		
ato			2 MATO				
E			Sausage Pizza	Sausage Pizza	Sausage Pizza		
*C	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	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		
210	Gluten Free Bread	Gluten Free Option	<u>Gluten Free Bread</u>	Dinner Rolls	<u>Gluten Free Bread</u>		
	<u>Available</u>	Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>		
	(GUNIAN)	(t) GUTEN PREE	GUINN FREE	Gluten Free Bread	GUTEN FILE		
og.	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL						
	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas		
<u>;≅</u> ã	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 INCLUING: 1/2 CUP OF FRUIT OR VEGETABLE AND

AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:





Visit aces.nutrislice.com to see your menu!







Gluten Available Ask School Lead







Whitney Academy/Whitney High North: May 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	Classic American Cheeseburger Sliced Red Onions Sliced Tomatoes Chopped Romaine ½ Cup Seasoned Fries Gluten Free Option Gluten Free Bun	Two Soft Chicken Tacos Shredded Lettuce Diced Tomatoes Shredded Cheddar Salsa and Sour Cream 1/2 Cup of Seasoned Black Beans		Chicken Tenders ½ Cup of Mashed Potatoes with Homemade chicken gravy Garlic Bread Gluten Free option Unbreaded Chicken and Gluten Free Bun Garlic Bread	Beef Hot Dog ½ Cup of Boston Baked Beans Gluten Free option No Bun	
			2 MATO			
0	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	
S 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					
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					
tra. Xtra	Fresh Sliced Cucumber Fresh Baby Carrots	Fresh Pepper Strips Fresh Grape Tomatoes	Fresh Caesar Salad Fresh Celery Sticks	Fresh Broccoli Fresh Garbanzo Beans	Green Peas Classic 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	

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!

Gluten Available Ask School Lead





Whitney Academy/Whitney High North: May 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	BBQ Riblet Sandwich ½ Cup of Roasted Broccoli Gluten Free Option Gluten Free Bun	Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream	Chicken Patty Sandwich 2 Cup of Seasoned Crispy Fries Sliced Tomatoes Chopped Romaine Gluten Free Option 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 Gluten Free Option Gluten Free Bun	
	2 MATO					
9	BBQ Chicken Pizza	BBQ Chicken	BBQ Chicken	BBQ Chicken	BBQ Chicken	
S 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	
N D D	Gluten Free Bread Available	Gluten Free Option Gluten Free Bread	Gluten Free Bread Available	Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread	Gluten Free Bread Available	
	(ujin)		(uite)		nii.	
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
65.	Fresh Sliced Cucumber Fresh Baby Carrots	Fresh Pepper Strips Fresh Grape Tomatoes	Fresh Caesar Salad Fresh Celery Sticks	Fresh Broccoli Fresh Garbanzo Beans	Green Peas Classic 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	
<u> </u>	A3301 teu Cillieu Ffuit	A3301 teu Cillieu Fluit	A3301 Leu Cililleu Fluit	A3301 teu Cillieu Fluit	A3301 teu Cililleu Fluit	

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 aces.nutrislice.com to see your menu!



Gluten Available Ask School Lead







Whitney Academy/Whitney High North: May 20-24

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	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	Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll Gluten Free Option Gluten Free Pasta	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten Free Option Gluten Free Bun	Popcorn Chicken ½ Cup of Cajun Seasoned Potato Wedges 1 WG Warm Dinner Roll Gluten Free Option Unbreaded Chicken Gluten Free Bun	
0			2 MATO			
nate	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					
SO	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	
מוט	<u>Gluten Free Bread</u> Available	Gluten Free Option Gluten Free Bread	Gluten Free Bread Available	Dinner Rolls Gluten Free Option	<u>Gluten Free Bread</u> Available	
	(unity)		(Apple)	Gluten Free Bread		
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
100	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas	
EF.	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad	
TXX	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
.@w	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



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!



Gluten Available Ask School Lead

USDA is an equal opportunity employer and provider.





Whitney Academy/Whitney High North: May 28-31

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
		Beef Tacos	BBQ Pulled Pork	Chicken Parmesan	Beef, Bean and	
(1)		Shredded Lettuce	Sandwich	Sandwich	Cheese Burrito	
ت		Fresh Diced Tomatoes	½ Cup of Cinnamon	Steamed Savory	½ Cup Steamed Carrots	
ಡ	- 550.000	Shredded Cheddar	Mashed Sweet	Green Beans	Gluten Free Option	
മ	Vemota	Salsa and Sour Cream	Potatoes (Gluten Free Option Unbreaded Chicken	Beef, Bean and Shredded Cheddar	
cr eat e		½ Cup Steamed Golden Corn	Gluten Free option Gluten Free Bun	Gluten Free Bun	served with Tortilla	
\cup	Thay	Ground and Purees ½	Gluteli Free Bull	Glutell Flee Bull	Rounds	
		Steamed Baby Carrots	Pill	CALL.	()	
		Steamed Busy earlots				
	2 MATO					
0		Meatball Pizza	Meatball Pizza	Meatball Pizza	Meatball Pizza	
nate	Classic Cheese Offered Daily					
	All pizza have Roma Herb Blend					
3	- GUINN RIE					
	Gluten Free Pizza 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	
03		Dinner Rolls	Sliced Tomato	Two Whole Grain		
W m		Gluten Free Option	<u>Gluten Free Bread</u>	Dinner Rolls	<u>Gluten Free Bread</u>	
3121		Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>	
		(GUIEN	GUINN PRE	Gluten Free Bread		
	EXTRA EXTRA					
	AVAILABLE DAILY WITH EVERY MEAL					
_:O.		Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas	
67.		Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad	
TXX		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
.⊕m		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 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!







Gluten Available Ask School Lead

USDA is an equal opportunity employer and provider.