



What's on the Menu?

aces Whitney Academy/North February Lunch Menu

Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots</p> <p> Gluten free bun</p> 	<p>3</p> <p>Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> <p> Corn Tortilla Chips</p> 	<p>4</p> <p>Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll</p> <p> Unbreaded chicken and gluten free bun</p> 	<p>5</p> <p>Pepperoni Pizza 1 Cup Garden Salad</p> <p> Gluten free dough</p> 	<p>6</p> <p>Barbecue Rib Sandwich ½ Cup of Savory Green Beans</p> <p> Gluten free bun</p> 
<p>Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable</p>				
<p>9</p> <p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> <p> Gluten free pasta</p> 	<p>10</p> <p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> <p> Corn Tortilla Chips</p> 	<p>11</p> <p>Italian Beef Meatball Sub ½ Cup Steamed Broccoli</p> <p> Gluten free bun</p> 	<p>12</p> <p>Classic Cheese Pizza ½ 1 Cup Caesar Salad</p> <p> Gluten free dough</p> 	<p>13</p> <p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</p> <p> Unbreaded chicken and gluten free bun</p> 
<p>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable</p>				
<p>16 17 18 19 20</p> <div>  <h1>Winter Break!</h1> </div>				
<p>23</p> <p>Chicken Parmesan Sandwich ½ Cup Steamed Green Beans</p> <p> Gluten free bun and unbreaded chicken</p> 	<p>24</p> <p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>25</p> <p>Classic Cheeseburger ½ Cup Oven Baked Fries</p> <p> Gluten free bun</p> 	<p>26</p> <p>Classic Cheese Pizza ½ Cup of Baby Carrots</p> <p> Gluten free dough</p> 	<p>27</p> <p>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> <p> Gluten free bun</p> 
<p>Week 5: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable</p>				
<p>Fresh Fruit and Vegetable Bar (Available Daily)</p>				
<p>Fresh Sliced Cucumber Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Fresh Pepper Strips Fresh Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Green Peas Fresh Celery Sticks Fresh Whole Fruit Assorted Chilled Fruit</p>



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE 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!!!



Locally Grown

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