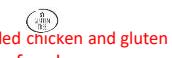




What's on the Menu?

acesWhitney Academy/North February Lunch Menu

Staff Price \$5.45

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

USDA is an equal opportunity employer and provider.

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**

 **Vegetarian**