









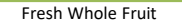







What's on the Menu?

Whitney Academy/North January Lunch Menu

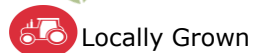
Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots  Gluten free bun 	6 	7 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun 	8 Pepperoni Pizza 1 Cup Garden Salad  Gluten free dough 	9 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				
12 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll  Gluten free pasta 	13 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  Corn Tortilla Chips 	14 Italian Meatball Sub ½ Cup Steamed Broccoli  Gluten free bun 	15 Classic Cheese Pizza ½ Cup Steamed Baby Carrots  Gluten free dough 	16 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				
19 	20 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  Corn Tortilla Chips 	21 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun 	22 Pepperoni Pizza 1 Cup Steamed Broccoli  Gluten free dough 	23 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll  Gluten free pasta 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
26 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans  Gluten free bun and unbreaded chicken 	27 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn  Gluten free bun 	28 Classic Cheeseburger ½ Cup Oven Baked Fries  Gluten free bun 	29 Classic Cheese Pizza 1 Cup Caesar Salad  Gluten free dough 	30 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes  Gluten free bun 
Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
Fresh Fruit and Vegetable Bar (Available Daily)				
   	   	   	   	   



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!!!



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your menu!

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