

What's on the Menu?



Whitney Academy/Whitney High North: June 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
	AMERICAN CLASSIC				
create	Chicken Parmesan Sandwich ½ Tater Tots 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Pureed ½ Cup Steamed Baby	Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll <u>Gluten Free option</u> Gluten Free Bun	BBQ Pulled Pork Sandwich ½ Cup Baby Carrots <u>Gluten Free option</u> Gluten Free Bun	Classic American Cheeseburger Sliced Tomatoes Chopped Romaine ½ Cup Corn on the Cob <u>Gluten Free Option</u> Gluten Free Bun
	2 MATO				
2^{mato}	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Classic Cheese Offered Daily All pizza have Roma Herb Blend Includes 1 cup of fruit or 1 cup of vegetable Gluten Free Pizza Available				
	SO DELI				
	Salads offered with two whole grain dinner rolls				
SO DELI	Turkey and Cheese Wrap with Lettuce and Tomatoes <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	German Potato Salad	Fresh Garbanzo Beans	Fresh Celery Sticks
	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

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 STRAWBERRY, 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!!!

Vegetarian Locally Grown



Gluten Available
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see your menu!

What's on the Menu?



Whitney Academy/Whitney High North: June 9-13

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Macaroni and Cheese ½ Cup of Steamed Green Beans One Warm Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta	Cheese Quesadilla ½ Cup of Refried Beans Salsa and Sour Cream	AMERICAN CLASSIC Whole Grain Crispy Chicken Tenders ½ Cup Baby Carrots 1 Whole Grain Dinner Roll <u>Gluten Free option</u> Unbreaded Chicken	Savory Baked Stuffed Potato with Broccoli, Ham and Shredded Cheddar Cheese With Two Warm Dinner Rolls Gluten Free Bun Available	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries <u>Gluten Free Option</u> Gluten Free Bun Unbreaded Chicken Breast
2.mato	2 MATO Buffalo Chicken Pizza Classic Cheese Offered Daily All pizza have Roma Herb Blend Includes 1 cup of fruit or 1 cup of vegetable Gluten Free Pizza Available				
SO DELI	SO DELI Salads offered with two whole grain dinner rolls				
	Turkey and Cheese Wrap with Lettuce and Tomatoes <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 Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit	Fresh Pepper Strips Fresh Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Green Peas Fresh Celery Sticks Fresh Whole Fruit Assorted Chilled Fruit

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What's on the Menu?



Whitney Academy/Whitney High North: June 16

	Monday	Tuesday	Wednesday	Thursday	Friday
	AMERICAN CLASSIC				
create	Classic American Cheeseburger Sliced Tomatoes Chopped Romaine ½ Cup Oven Tater Tots <u>Gluten Free Option</u> Gluten Free Bun  				
	2 MATO				
2.mato	BBQ Chicken Pizza				
	Classic Cheese Offered Daily All pizza have Roma Herb Blend Includes 1 cup of fruit or 1 cup of vegetable <u>Gluten Free Pizza Available</u> 				
	SO DELI				
	Salads offered with two whole grain dinner rolls				
SO DELI	Turkey and Cheese Wrap with Lettuce and Tomatoes <u>Gluten Free Bread Available</u>  				
	EXTRA EXTRA				
	AVAILABLE DAILY WITH EVERY MEAL				
extra extra	Fresh Sliced Cucumber				
	Fresh Baby Carrots				
	Fresh Whole Fruit				
	Assorted Chilled Fruit				

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 STRAWBERRY, FAT FREE CHOCOLATE.

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