



Whitney Academy/Whitney High North: May 1-2

	Monday	Tuesday	Wednesday	Thursday	Friday	
			AMERICAN CLASSIC			
create				Turkey Hot Dog ¹ / ₂ Cup of Boston Baked Beans <u>Gluten Free option</u> Gluten Free Bun	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten Free option Gluten Free Bun	
C						
	2 MATO					
្ព				Meatball Pizza	Meatball 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					
				Ham and Turkey Chef Salad Two Whole Grain	Chicken Caesar Salad Wrap	
				Dinner Rolls	Gluten Free Bread	
50 DELI				<u>Gluten Free Option</u> Gluten Free Bread	Available	
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
0,				Fresh Broccoli	Green Peas	
				Fresh Garbanzo Beans	Fresh Celery Sticks	
				Fresh Whole Fruit	Fresh Whole Fruit	
1				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 STRAWBERRRY, FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER Vegetarian FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!





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Whitney Academy/Whitney High North: May 5-9



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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Whitney Academy/Whitney High North: May 12-16

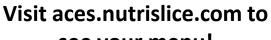
	Monday	Tuesday	Wednesday	Thursday	Friday	
		AMERICAN CLASSIC				
create	Classic American Cheeseburger Sliced Tomatoe Chopped Romaine ½ Cup Oven Tater Tots <u>Gluten Free Option</u> Gluten Free Bun	Beef Nachos Shredded Romaine Diced Tomatoes Salsa and Sour Cream ½ Cup of Refried Beans	Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll <u>Gluten Free option</u> Gluten Free Bun ()) ()) ()) ()) ()) ()) ()) ()	BBQ Pulled Pork Sandwich 1/2 Cup of Sweet Potato Fries Gluten Free option Gluten Free Bun	Whole Grain Baked Ziti ¹ / ₂ Cup Savory Green Beans 1 WG Dinner Roll <u>Gluten Free Option</u> Gluten Free Pasta <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant}</u> <u>Constant</u> <u>Constant</u> <u>Constant} <u>Constant}</u> <u>Consta</u></u>	
	2 MATO					
mato	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ 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					
50 DELI	Turkey and Cheese Wrap with Lettuce and Tomatoes	Buffalo Chicken Salad Two Whole Grain Dinner Rolls	ed with two whole grain Tuna Salad Sub with Romaine Lettuce and Sliced Tomato	Ham and Turkey Chef Salad Two Whole Grain	Chicken Caesar Salad Wrap	
	Gluten Free Bread Available	Gluten Free Option Gluten Free Bread	<u>Gluten Free Bread</u> <u>Available</u>	Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread	<u>Gluten Free Bread</u> <u>Available</u>	
	EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL					
-00-	Fresh Sliced Cucumber	AVAILA Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas	
ָהָיָי	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 STRAWBERRRY,

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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Whitney Academy/Whitney High North: May 19-23

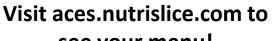
	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	Macaroni and Cheese ½ Cup of Steamed Green Beans One Warm Whole Grain Dinner roll <u>Gluten Free Option</u> Gluten Free Pasta ()) ()) ()) ()) ()) ()) ()) ()	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Pureed ½ Cup Steamed Baby	Italian Meatball Sub ¹ / ₂ Cup of Steamed Broccoli Gluten Free Option Gluten Free Bun Control Control	Gluten Free Option	Popcorn Chicken ¹ / ₂ Cup Seasoned Potato Wedges 1 WG Warm Dinner Roll <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Constant</u> <u>Co</u>	
			2 MATO			
mato	Chicken and Bacon Pizza	Chicken and Bacon Pizza	Chicken and Bacon Pizza	Chicken and Bacon Pizza	Chicken and Bacon 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					
DELI	Turkey and Cheese Wrap with Lettuce and Tomatoes	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	
	<u>Gluten Free Bread</u> <u>Av</u>	Gluten Free Option Gluten	<u>Gluten Free Bread</u> <u>Available</u>	Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread	<u>Gluten Free Bread</u> <u>Available</u>	
			Contraction of the second			
	EXTRA EXTRA					
	AVAILABLE DAILY WITH EVERY MEAL					
	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli Fresh Garbanzo Beans	Green Peas	
extra	Fresh Baby Carrots	Fresh Grape Tomatoes	German Potato Salad		Fresh Celery Sticks	
	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	
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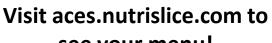
Whitney Academy/Whitney High North: May 27-30

	Monday	Tuesday	Wednesday	Thursday	Friday	
	AMERICAN CLASSIC					
create	MEMORIAL DAY REMEMBER & HONOR ***	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Steamed Golden Corn Ground and Pureed ½ Cup Steamed Baby	Philly Steak and Cheese Sandwich ½ Cup of Steamed Broccoli 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	Classic American Cheeseburger Sliced Tomatoes Chopped Romaine ½ Cup Oven Baked Fries Gluten Free Option Gluten Free Bun	
	2 MATO					
		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	
matc	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					
_	Turkey and Cheese Wrap with Lettuce and Tomatoes	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	
DEL	<u>Gluten Free Bread</u> <u>Available</u>	<u>Gluten Free Option</u> Gluten Free Bread	Gluten Free Bread Available	Dinner Rolls <u>Gluten Free Option</u> Gluten Free Bread	<u>Gluten Free Bread</u> <u>Available</u>	
.	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	

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