




# What's on the Menu?



## Whitney Academy/Whitney High North: May 1-2

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>AMERICAN CLASSIC</b>				
create				Turkey Hot Dog ½ Cup of Boston Baked Beans <u>Gluten Free option</u> Gluten Free Bun  	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes <u>Gluten Free option</u> Gluten Free Bun  
	<b>2 MATO</b>				
2 <sup>mato</sup>				Meatball Pizza	Meatball Pizza
	<b>Classic Cheese Offered Daily</b> <b>All pizza have Roma Herb Blend</b> <b>Includes 1 cup of fruit or 1 cup of vegetable</b> <b>Gluten Free Pizza Available</b> 				
	<b>SO DELI</b>				
	<b>Salads offered with two whole grain dinner rolls</b>				
SO DELI				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>  
	<b>EXTRA EXTRA AVAILABLE DAILY WITH EVERY MEAL</b>				
extra <sup>extra</sup>				Fresh Broccoli	Green Peas
				Fresh Garbanzo Beans	Fresh Celery Sticks
				Fresh Whole Fruit	Fresh Whole 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



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see your menu!

# What's on the Menu?



**Whitney Academy/Whitney High North: May 5-9**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	Cheese Quesadilla ½ Cup Steamed Golden Corn Salsa and Sour Cream Ground and Pureed ½ Cup Steamed Baby 	<b>AMERICAN CLASSIC</b> Whole Grain Crispy Chicken Tenders ½ Cup Baby Carrots 1 Whole Grain Dinner Roll <u>Gluten Free option</u> Unbreaded Chicken 	BBQ Pulled Pork Sandwich ½ Cup of Sweet Potato Fries <u>Gluten Free option</u> Gluten Free Bun 	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries <u>Gluten Free Option</u> Gluten Free Bun Unbreaded Chicken Breast 
<b>2.mato</b>	<b>2 MATO</b> 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 				
<b>SO DELI</b>	<b>SO DELI</b> 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> 
<b>extra extra</b>	<b>EXTRA EXTRA</b> <b>AVAILABLE DAILY WITH EVERY MEAL</b>				
	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!!!



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# What's on the Menu?



**Whitney Academy/Whitney High North: May 12-16**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
	Classic American Cheeseburger Sliced Tomatoes 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 ½ Cup of Sweet Potato Fries <u>Gluten Free option</u> Gluten Free Bun  	Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 WG Dinner Roll <u>Gluten Free Option</u> Gluten Free Pasta  
<b>2.mato</b>	<b>2 MATO</b>				
	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza
	<b>Classic Cheese Offered Daily</b> <b>All pizza have Roma Herb Blend</b> <b>Includes 1 cup of fruit or 1 cup of vegetable</b> <b>Gluten Free Pizza Available</b> 				
<b>SO DELI</b>	<b>SO DELI</b>				
	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> 
<b>extra.</b>	<b>EXTRA EXTRA</b>				
	<b>AVAILABLE DAILY WITH EVERY MEAL</b>				
	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!!!**



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# What's on the Menu?



**Whitney Academy/Whitney High North: May 19-23**

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>AMERICAN CLASSIC</b>				
<b>create</b>	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 ½ Cup of Steamed Broccoli <u>Gluten Free Option</u> Gluten Free Bun 	BBQ Riblet Sandwich ½ Cup of Baby Carrots <u>Gluten Free Option</u> Gluten Free Bun 	Popcorn Chicken ½ Cup Seasoned Potato Wedges 1 WG Warm Dinner Roll <u>Gluten Free Option</u> Unbreaded Chicken Gluten Free Bun 
	<b>2 MATO</b>				
<b>2.mato</b>	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 <u>Gluten Free Pizza Available</u> 				
	<b>SO DELI</b>				
	Salads offered with two whole grain dinner rolls				
<b>SO DELI</b>	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> 
	<b>EXTRA EXTRA</b>				
	<b>AVAILABLE DAILY WITH EVERY MEAL</b>				
<b>extra extra</b>	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

**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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# What's on the Menu?



**Whitney Academy/Whitney High North: May 27-30**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>AMERICAN CLASSIC</b>				
		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 <u>Gluten Free option</u> 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 <u>Gluten Free Option</u> Gluten Free Bun 
<b>2mato</b>	<b>2 MATO</b>				
		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	<b>Classic Cheese Offered Daily</b> <b>All pizza have Roma Herb Blend</b> <b>Includes 1 cup of fruit or 1 cup of vegetable</b> <b>Gluten Free Pizza Available</b> 				
<b>SO DELI</b>	<b>SO DELI</b>				
	<b>Salads offered with two whole grain dinner rolls</b>				
	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> 
<b>extra extra</b>	<b>EXTRA EXTRA</b>				
	<b>AVAILABLE DAILY WITH EVERY MEAL</b>				
	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.**

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