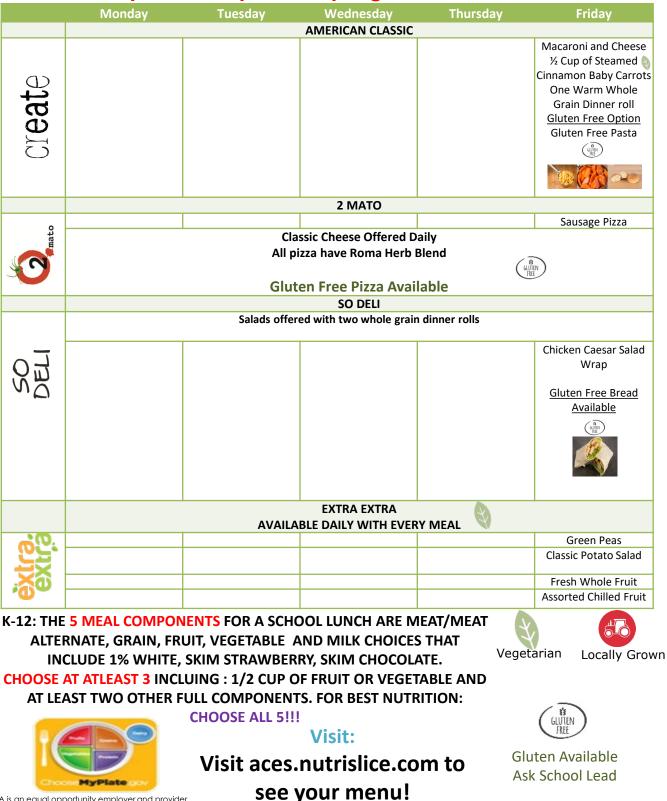




Whitney Academy/Whitney High North: : December 1



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Whitney Academy/Whitney High North: December 4-8

AMERICAN CLASSIC AMERICAN CLASSIC Cleasic American Cheeseburger Silced Red Onions Silced Tomatos Cheese Quesadilla Salsa and Sour Cream Y Cup of Steamed Ground and Purees Y. Stamed Baby Carrots Savory Baked Stuffed Crigo Prise Silced Tomatoes Whole Grain Baked Zi Y Cup Seasoned Free Option Gluten Free Dotion Gluten Free Burg Savory Baked Stuffed Y Cup Seasoned Free Option Gluten Free Burg Whole Grain Dinner Gluten Free Burg Staamed Baby Carrots Gluten Free Dotion Gluten Free Dotion Gluten Free Burg Savory Baked Stuffed Y Cup Seasoned Gluten Free Burg Whole Grain Dinner Rolls BBQ Chicken BBQ Chicken BBQ Chicken BBQ Chicken BBQ Chicken Pizza BBQ Chicken BBQ Chicken BBQ Chicken So DEU Salads offered with two whole grain dinner rolls Turkey Ranch Wrap Gluten Free Bread Available Wole Grain Dinner Rolls So DEU Salads offered with two whole Grain Dinner Rolls Gluten Free Bread Available Gluten Free Bread Available Gluten Free Bread Available									
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ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT		Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit			
INCLODE 1% WHITE, SKIW STRAWBERRY, SKIW CHOCOLATE. Vegetarian Locally G	K-12: TH ALTE	Fresh Whole Fruit Assorted Chilled Fruit E 5 MEAL COMPOI RNATE, GRAIN, FR	Fresh Whole Fruit Assorted Chilled Fruit NENTS FOR A SCH UIT, VEGETABLE	Fresh Whole Fruit Assorted Chilled Fruit OOL LUNCH ARE N AND MILK CHOICE	Fresh Whole Fruit Assorted Chilled Fruit MEAT/MEAT ES THAT	Fresh Whole Fruit Assorted Chilled Fru			
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CHOOSE AT ATLEAST 3 INCLUING : 1/2 CUP OF FRUIT OR VEGETABLE AND	AT LE	AST TWO OTHER			RITION:	GUITEN			
AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:	- 1		CHOOSE ALL 5!!	[!] Visit:		FREE			
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AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!! Visit: Visit aces.nutrislice.com to Gluten Available					Ask	School Lead			
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Whitney Academy/Whitney High North: : December 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday		
			AMERICAN CLASSIC				
create	Grilled Cheese Tomato Soup Gluten Free option Gluten Free Bread	Two Soft Chicken Tacos Shredded Lettuce Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup of Seasoned Black Beans	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes <u>Gluten Free Option</u> Gluten Free Bun	Chicken Tenders ½ Cup of Mashed Potatoes with Homemade chicken gravy Garlic Bread <u>Gluten Free option</u> Unbreaded Chicken and Gluten Free Bun Garlic Bread	Beef Hot Dog ¹ / ₂ Cup of Boston Baked Beans <u>Gluten Free option</u> No Bun <u>()</u>		
			2 MATO				
9	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza		
mato		Classic Cheese Pizza Offered Daily All pizza have Roma Herb Blend Gluten Free Pizza Available					
	SO DELI						
	Salads offered with two whole grain dinner rolls						
FO	Turkey Ranch Wrap	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		
ОШ	Gluten Free Bread	Gluten Free Option	Gluten Free Bread	Dinner Rolls	Gluten Free Bread		
ΝД	<u>Available</u>	Gluten Free Bread	Available	Gluten Free Option Gluten Free Bread	Available		
-00	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas		
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad		
	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		

K-12: THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, SKIM STRAWBERRY, SKIM CHOCOLATE. Vegetarian CHOOSE AT ATLEAST 3 INCLUING : 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: December 18-22

	Monday	Tuesday	Wednesday	Thursday	Fridov			
	Monday	Tuesday	Wednesday AMERICAN CLASSIC	Thursday	Friday			
	Chickon Nuggota	Des (Terrer	Popcorn Chicken	the line Manathall Cult	Dhills Charles and Charles			
	Chicken Nuggets	Beef Tacos		Italian Meatball Sub	Philly Steak and Cheese			
\bigcirc	¹ / ₂ Cup of Mashed	Shredded Lettuce	½ Cup of Cajun	½ Cup Oven Baked	Sandwich			
create	Potato 🌒	Fresh Diced Tomatoes	Seasoned Potato	Sweet Potato Fries	Oven Baked Potato			
B	Home-made Chicken	Shredded Cheddar	Wedges 1 WG Warm Dinner Roll	Gluten Free Option	Wedges			
C	Gravy 1 WG Garlic Bread		Gluten Free Option		Gluten Free Option			
5	Gluten Free option	½ Cup Steamed Golden Corn	Unbreaded Chicken	GUVEN	Gluten Free Bun			
\bigcirc	Unbreaded Chicken	Ground and Purees ½	Gluten Free Bun		GLUVIN			
	Gluten Free Bun	Steamed Baby Carrots		Rea ANT				
					States The			
			2 MATO		<u>I</u>			
<u>o</u>	Meatball Pizza	Meatball Pizza	Meatball Pizza	Meatball Pizza	Meatball Pizza			
mato		Cla	ssic Cheese Offered D	aily				
		All pi	zza have Roma Herb I	Blend	`			
				GLUTEN)			
		Glut	en Free Pizza Avai	lable				
			SO DELI					
		Salads offer	ed with two whole grair	n dinner rolls				
	Turkey Ranch Wrap	Buffalo Chicken Salad	Tuna Salad Sub with	Ham and Turkey Chef	Chicken Caesar Salad			
		Two Whole Grain	Romaine Lettuce and	Salad	Wrap			
01		Dinner Rolls	Sliced Tomato	Two Whole Grain				
NEL SO	Gluten Free Bread	Gluten Free Option	<u>Gluten Free Bread</u>	Dinner Rolls	<u>Gluten Free Bread</u>			
510	<u>Available</u>	Gluten Free Bread	<u>Available</u>	Gluten Free Option	<u>Available</u>			
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		AVAILA	BLE DAILY WITH EVER	Y MEAL 💙				
	Fresh Sliced Cucumber	Fresh Pepper Strips	Fresh Caesar Salad	Fresh Broccoli	Green Peas			
	Fresh Baby Carrots	Fresh Grape Tomatoes	Fresh Celery Sticks	Fresh Garbanzo Beans	Classic Potato Salad			
-EX	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit			
3 0 0	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit			
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IN	CLUDE 1% WHITE.	SKIM STRAWBER	RY. SKIM CHOCOL	ATE. Veget	arian Locally Grow			
INCLUDE 1% WHITE, SKIM STRAWBERRY, SKIM CHOCOLATE.								
AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION:								
					(1)			
		CHOOSE ALL 5!!!			(GLUTEN)			
Gluten Available								
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Choose MyPlate cov								

see your menu!

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