
















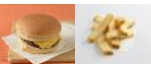





# What's on the Menu?

## Whitney Academy/North November Lunch Menu



Staff Price \$5.45

Monday		Wednesday		Thursday		Friday				
3 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 		4 Cheese Quesadilla Salsa and Sour Cream ¾ Cup Golden Steamed Corn 		5 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 		7 Classic Cheese Pizza 1 Cup Caesar Salad 		8 Classic Cheeseburger ½ Cup Tater Tots 		
Week 2 :1) Hot 2) Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetable										
10 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots 		11 		12 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 		13 Pepperoni Pizza 1 Cup Garden Salad 		14 Barbecue Rib Sandwich ½ Cup of Savory Green Beans 		
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable										
17 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 		18 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ¾ Cup Golden Steamed Corn 		19 Italian Meatball Sub ½ Cup Steamed Broccoli 		20 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 		21 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 		
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable										
24 Classic Cheeseburger ½ Cup Oven Baked Fries 		25 Roasted Turkey Chicken Gravy ½ Cup Savory Green Beans Two Warm Dinner Rolls 		26 Whole Grain Baked Ziti ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 		27 			28	
Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza includes 1 cup of fruit or 1 cup of vegetable										
Fresh Fruit and Vegetable Bar (Available Daily)										
<div>Fresh Sliced Cucumber</div> <div>Fresh Baby Carrots</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>		<div>Fresh Pepper Strips</div> <div>Fresh Grape Tomatoes</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>		<div>Fresh Caesar Salad</div> <div>German Potato Salad</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>		<div>Fresh Broccoli</div> <div>Fresh Garbanzo Beans</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>		<div>Green Peas</div> <div>Fresh Celery Sticks</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>		



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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