



What's on the Menu?

Whitney Academy/North October Lunch Menu

Staff Price \$5.25

Monday		Wednesday	Thursday	Friday
		1 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots 	2 	3 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 1 :1) Hot 2) Chicken Patti Sandwich with lettuce and tomatoes includes 1 cup of fruit and 1 cup of vegetable				
6 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	7 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	8 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	9 Classic Cheese Pizza 1 Cup Caesar Salad 	10 Classic Cheeseburger ½ Cup Tater Tots 
Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
13 	14 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 	15 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 	16 Pepperoni Pizza 1 Cup Garden Salad 	17 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				
20 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	21 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	22 Italian Meatball Sub ½ Cup Steamed Broccoli 	23 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	24 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				
27 Classic Cheeseburger ½ Cup Oven Baked Fries 	28 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	29 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	30 Classic Cheese Pizza ½ Cup Steamed Broccoli 	31 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries 
Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza 1 cup of fruit 1 vegetable				
Fresh Fruit and Vegetable Bar (Available Daily)				
- 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 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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