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## Whitney Academy/North September Lunch Menu



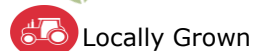
Staff Price \$5.25

Monday		Wednesday		Thursday		Friday			
1		2	Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	3	Philly Steak and Cheese Sandwich ½ Cup of Steamed Broccoli 	4	Pepperoni Pizza ½ Cup Steamed Broccoli 	5	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									
8	Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	9	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	10	Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	11	Classic Cheese Pizza 1 Cup Caesar Salad 	12	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries 
Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable									
15	Classic Cheeseburger ½ Cup Tater Tots 	16	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 	17	Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 	18	Pepperoni Pizza 1 Cup Garden Salad 	19	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									
22	Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	23	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	24	Italian Meatball Sub ½ Cup Steamed Broccoli 	25	Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	26	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									
29	Classic Cheeseburger ½ Cup Oven Baked Fries 	30	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 						
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)									
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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