



What's on the Menu?

Whitney Academy/North August Lunch Menu

Staff Price \$5.55

aces
area cooperative educational services

Monday

3

4

Wednesday

5

Thursday

6

Friday

7



14

21

24

25

26

27

28



31

Classic Cheeseburger
½ Cup Oven Baked Fries



Week 5: 1) Hot Lunch 2) Cereal Fun Lunch 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

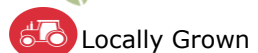
Green Peas
Fresh Celery Sticks
Fresh Whole Fruit
Assorted Chilled Fruit



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!!!

Vegetarian



Locally Grown

Visit aces.nutrislice.com to see your menu!

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