



What's on the Menu?

aces Whitney Academy/North March Lunch Menu

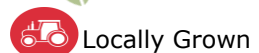
Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
2 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots 	3 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	4 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 	5 Pepperoni Pizza 1 Cup Garden Salad 	6 Barbecue Rib Sandwich ½ Cup of Savory Green Beans
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
9 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	10 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	11 Breaded Drumstick ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	12 Classic Cheese Pizza ½ 1 Cup Caesar Salad 	13 Classic Cheeseburger ½ Cup Tatar Tots
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
16 Italian Beef Meatball Sub ½ Cup Steamed Broccoli 	17 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 	18 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 	19 Pepperoni Pizza ½ Cup Green Beans 	20 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 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				
23 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	24 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	25 4 Glazed Chicken Wings ½ Cup of Baby Carrots 2 Whole Grain Dinner Roll 	26 Classic Cheese Pizza ½ Cup of Steamed Broccoli 	27 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes
Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable				
30 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans 	31 Beef and Bean Burrito Salsa and Sour Cream ½ Cup Golden Steamed Corn 			
Week 5: Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
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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