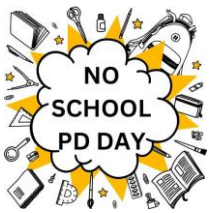
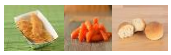
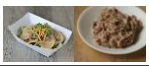
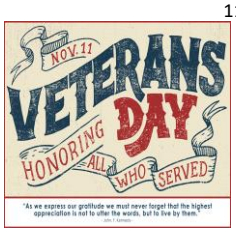
# What's on the Menu?

# aces Whitney Academy/North November Lunch Menu

**Staff Price $5.55**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br>Whole Grain Baked Ziti<br>One Whole Grain Dinner Roll<br>½ Cup Savory Green Beans<br>Gluten free Pasta<br> | 3<br> | 4<br>Whole Grain Crispy Chicken Tenders<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br>Unbreaded chicken and gluten free bun<br> | 5<br>Pepperoni Pizza<br>1 Cup Garden Salad<br>Gluten free dough<br> | 6<br><br>Beef Nachos<br>Shredded Romaine<br>Fresh Diced Tomatoes<br>Salsa and Sour Cream<br>½ Cup Refried Beans<br> |
| **Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable** | | | | |
| 9<br>Chicken Parmesan Sandwich<br>½ Cup of Steamed Broccoli<br>Gluten free bun<br> | 10<br>Beef Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br>Corn Tortilla Chips<br> | 11<br> | 12<br>Classic Cheese Pizza<br>½ 1 Cup Caesar Salad<br>Gluten free dough<br> | 13<br>Classic Cheeseburger<br>½ Cup Tatar Tots<br>Gluten free bun<br> |
| **Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable** | | | | |
| 16<br>Chicken Meatballs<br>½ cup of Baby Carrots<br>2 Whole Grain Dinner Rolls<br>Gluten free bun<br> | 17<br>Chicken Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br>Corn Tortilla Chip<br> | 18<br>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy<br>1 Whole Grain Dinner Roll<br>Unbreaded chicken and gluten free bun<br> | 19<br>Pepperoni Pizza<br>½ Cup Baby Carrots<br>Gluten free dough<br> | 20<br>The Perfect Sloppy Joe<br>½ Cup Herb Roasted Potatoes<br>Gluten free Bun<br> |
| **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<br>Italian Beef Meatball Sub<br>½ Cup Steamed Broccoli<br>Gluten free bun<br> | 24<br>Roasted Turkey<br>Chicken Gravy<br>Savory Green Beans<br>2 Whole Grain Dinner Rolls<br>Gluten Free Bun<br> | 25<br>Chicken Nuggets<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br>Unbreaded chicken and gluten free bun<br> | 26<br>THANKSGIVING BREAK | 27<br> |
| **Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable** | | | | |
| 30<br>Macaroni and Cheese<br>½ Cup Savory Steamed Green Beans<br>1 Whole Grain Dinner Roll<br>Gluten free pasta<br> | | | | |
| **Week 5: Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetables** | | | | |
| **Fresh Fruit and Vegetable Bar (Available Daily)** | | | | |
| ~~Fresh Sliced Cucumber~~<br>Fresh Baby Carrots<br>Fresh Whole Fruit<br>Assorted Chilled Fruit | ~~Fresh Red and Green~~<br>Pepper Strips<br>Fresh Grape Tomatoes<br>Fresh Whole Fruit<br>Assorted Chilled Fruit | ~~Fresh Caesar Salad~~<br>German Potato Salad<br>Fresh Whole Fruit<br>Assorted Chilled Fruit | ~~Fresh Broccoli~~<br>Fresh Garbanzo Beans<br>Fresh Whole Fruit<br>Assorted Chilled Fruit | ~~Green Peas~~<br>Fresh Celery Sticks<br>Fresh Whole Fruit<br>Assorted Chilled Fruit |

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**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

USDA is an equal opportunity employer and provider.