



What's on the Menu?

Whitney Academy/North October Lunch Menu

Staff Price \$5.55

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pepperoni Pizza 1 Cup Garden Salad Gluten free dough 	2 Barbecue Rib Sandwich ½ Cup of Savory Green Beans Gluten free bun
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
5 Chicken Parmesan Sandwich ½ Cup of Steamed Broccoli 2 Whole Grain Dinner Roll Gluten free bun 	6 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	7 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	8 Classic Cheese Pizza ½ 1 Cup Caesar Salad Gluten free dough 	9 Classic Cheeseburger ½ Cup Tatar Tots Gluten free bun
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
12 	13 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans Gluten free bun 	14 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	15 Pepperoni Pizza ½ Cup Baby Carrots Gluten free dough 	16 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans Gluten free Pasta
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
19 Italian Beef Meatball Sub ½ Cup Steamed Broccoli Gluten free bun 	20 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn Gluten free Grilled Cheese 	21 Breaded Drumstick ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	22 Classic Cheese Pizza ½ Cup of Steamed Green beans Gluten free dough 	23 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten free bun
Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable				
26 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll Gluten free pasta 	27 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	28 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	29 Pepperoni Pizza 1 Cup Garden Salad Gluten free dough 	30 Chicken Meatballs ½ cup of Baby Carrots 2 Whole Grain Dinner Rolls Gluten free bun
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 Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit	Fresh Red and Green 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 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!!!!



Visit aces.nutrislice.com to see your menu!

USDA is an equal opportunity employer and provider.