

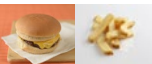


What's on the Menu?

Whitney Academy/North September Lunch Menu

aces
area cooperative educational services

Staff Price \$5.25

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

Vegetarian



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