AF Amistad Academy High School From 6/1/2017 To 6/2/2017

WHITSONS School Nutrition

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Productions				Chicken Nugget & Mozzarella Stick Combo *everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce*	Santa Fe Wrap *crispy chicken tenders, corn, caramelized onions and roasted peppers on a whole wheat wrap* *Broccoli*
La Cucina Italian Bistro				Roasted Onion Pizza *whole wheat pizza crust topped with tomato sauce, cheese and Spanish onions* V	Broccoli Cheddar Pizza *fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets* V
Wraps 2 Go – Fast and Fresh Wraps to Go				Beijing Wrap *crispy chicken tenders and roasted vegetables on a whole wheat wrap*	Buffalo Chicken Wrap *buffalo chicken tenders stuffed inside a whole wheat wrap with lettuce and tomatoes*
Fresh Fruit Express – Sandwiches and Salads Made Fresh Daily				Cobb Salad with Dinner Roll *tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons*	Turkey BLT Salad *fresh lettuce topped with turkey bacon, deli turkey, and tomatoes served with dinner rolls*
Healthy Harvest				*Romaine Lettuce* *Green Pepper Slices* *Cucumber Slices* *Baby Carrots* *Corn* *Sliced Beets* *Cannellini Beans* *Cherry Tomatoes*	*Romaine Lettuce* *Cannellini Beans* *Corn* *Cucumber Slices* *Cherry Tomatoes* *Black Beans* *Green Pepper Slices* *Broccoli Florets* *Baby Carrots*

*USDA is an equal opportunity provider, employer, and lender.



MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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AF Amistad Academy High School From 6/5/2017 To 6/9/2017

WHITSONS School Nutrition

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Productions	Hot Dog on a Bun *beef hot dog nestled on a soft bun and topped with your choice of condiments* *Oven Baked Fries*	Cheeseburger *ground beef with cheese, lettuce and tomato on a whole wheat bun* *Lemon Marinated Carrots*	Jamaican Beef Patty *golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce* *Carrots*	Turkey Nacho Scoops Grande *fiesta style ground turkey with melted cheese over a bed of tortilla chips* *Black Bean & Pepper Salad*	BBQ Chicken Wrap *diced barbecue chicken with lettuce and tomatoes, wrapped in a whole wheat tortilla* *Steamed Broccoli*
La Cucina Italian Bistro	Buffalo Chicken Pizza *whole wheat cheese pizza toped with buffalo chicken*	BBQ Chicken Pizza *fresh whole grain pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro*	Broccoli Cheddar Pizza *fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets*	Pepperoni & Cheese Stromboli *garlic toasted whole grain pizza crust filled with pepperoni, melted mozzarella cheese and marinara sauce*	Chicken Pizza *whole wheat pizza topped with mozzarella cheese and crispy chicken*
Wraps 2 Go	Turkey & American Cheese Wrap *turkey breast, american cheese and lettuce on a tortilla wrap*	Caesar Chicken Wrap *caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing*	Tuna Salad Wrap* *fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap*	The Red Square Wrap *turkey and Swiss cheese in a whole wheat wrap, smothered in thousand island dressing, with lettuce and tomato*	Turkey BLT Wrap *whole grain wrap, turkey bacon, lettuce and tomatoes*
Fresh Fruit Express	Turkey BLT Salad *fresh lettuce topped with turkey bacon, deli turkey, and tomatoes served with dinner rolls*	Yogurt, Pineapple & Granola Parfait	Cobb Salad with Dinner Roll *tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons*	Berry Yogurt Parfait *low fat yogurt with berries and granola*	Crispy Chicken Salad with Dinner Roll *baked crispy chicken tenders, lettuce and tomato and cucumber slices served with a whole wheat dinner roll*
Healthy Harvest	*Romaine Lettuce* *Cherry Tomatoes* *Cucumber Slices* *Green Pepper Slices* *Cannellini Beans* *Corn* *Baby Carrots*	*Romaine Lettuce* *Cucumber Slices* *Cherry Tomatoes* *Cannellini Beans* *Green Pepper Slices* *Corn* *Baby Carrots*	*Romaine Lettuce* *Cucumber Slices* *Cherry Tomatoes* *Cannellini Beans* *Green Pepper Slices* *Baby Carrots* *Corn* *Kidney Beans* *Red Peppers* *Peas*	*Romaine Lettuce* *Cherry Tomatoes* *Cucumber Slices* *Corn* *Cannellini Beans* *Celery Sticks* *Green Pepper Slices* *Baby Carrots*	*Romaine Lettuce* *Cherry Tomatoes* *Cucumber Slices* *Cannellini Beans* *Corn* *Broccoli Florets* *Green Pepper Slices*

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AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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AF Amistad Academy High School From 6/12/2017 To 6/16/2017

WHITSONS School Nutrition

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Productions	Meatball Parm Sandwich *all beef meatballs, covered in tomato sauce and melted mozzarella cheese, served on a whole wheat club roll* *Baked Steak Fries*	Steak Quesadilla *grilled steak, Monterey Jack cheese and pico de gallo inside a grilled folded tortilla* *Steamed Green Beans*	Chicken & Vegetable Dumplings *a flavorful combination of chicken and veggies tucked into a soft dumpling shell* *Steamed Broccoli*	Cheesy Chili Bowl *our famous cowboy chili served over brown rice and topped with sour cream, shredded cheddar and cinlantro* *Brown Rice* *Fiesta Corn*	Ranch & Chicken Quesadilla *fiesta chicken, mozzarella and ranch dressing melted into a whole wheat wrap* *Steamed Green Beans*
La Cucina Italian Bistro	Broccoli Cheddar Pizza *fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets* V	BBQ Chicken Pizza *fresh whole grain pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro*	Broccoli Pizza *whole wheat pizza dough topped with fresh mozzarella cheese and broccoli florets* V	Pepperoni Calzone *whole grain calzone with pepperoni and ricotta cheese* P	Bianco Pizza *whole wheat pizza dough brushed with garlic and oil, topped with basil and mozzarella and ricotta cheeses* V
Wraps 2 Go	Turkey BLT Wrap *whole grain wrap, turkey bacon, lettuce and tomatoes*	Turkey Ham & American Cheese Wrap *turkey ham and American cheese wrapped inside a whole wheat tortilla, with romaine lettuce, iceberg lettuce and*	BBQ Chicken Wrap *diced barbecue chicken with lettuce and tomatoes, wrapped in a whole wheat tortilla*	Buffalo Chicken Wrap *buffalo chicken tenders stuffed inside a whole wheat wrap with lettuce and tomatoes*	The Red Square Wrap *turkey and Swiss cheese in a whole wheat wrap, smothered in thousand island dressing, with lettuce and tomato*
Fresh Fruit Express	Crispy Chicken Salad with Dinner Roll *baked crispy chicken tenders, lettuce and tomato and cucumber slices served with a whole wheat dinner roll*	Yogurt, Peaches & Granola Parfait V	Turkey BLT Salad *fresh lettuce topped with turkey bacon, deli turkey, and tomatoes served with dinner rolls*	Berry Yogurt Parfait *low fat yogurt with berries and granola*	Crispy Chicken Salad with Dinner Roll *baked crispy chicken tenders, lettuce and tomato and cucumber slices served with a whole wheat dinner roll*
Healthy Harvest	*Romaine Lettuce* *Cherry Tomatoes* *Cherry Tomatoes* *Cucumber Slices* *Green Pepper Slices* *Cannellini Beans* *Corn* *Baby Carrots*	*Romaine Lettuce* *Cucumber Slices* *Green Pepper Slices* *Cannellini Beans* *Corn* *Baby Carrots* *Cherry Tomatoes*	*Romaine Lettuce* *Cucumber Slices* *Cherry Tomatoes* *Red Peppers* *Kidney Beans* *Cannellini Beans* *Baby Carrots* *Green Pepper Slices* *Fresh Pear* *Corn*	*Romaine Lettuce* *Cucumber Slices* *Cherry Tomatoes* *Celery Sticks* *Garbanzo Beans* *Baby Carrots*	*Romaine Lettuce* *Cherry Tomatoes* *Cucumber Slices* *Cannellini Beans* *Corn* *Green Pepper Slices* *Baby Carrots* *Broccoli Florets* *Black Beans*

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AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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AF Amistad Academy High School From 6/19/2017 To 6/23/2017

WHITSONS School Nutrition

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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AF Amistad Academy High School From 6/26/2017 To 6/30/2017

WHITSONS School Nutrition

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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