

DID YOU KNOW...

All products sourced by Whitsons contain Zero Trans Fats. ●The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● All milk and chicken products are hormone and antibiotic free. ●Meats, condiments and cheeses are all lean or low fat. ● All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

LUNCH PRICES

Reimbursable Lunch Price \$2.35
 Reduced Lunch Price \$2.25
 Milk/Chocolate Milk \$0.50
 100% Juice \$0.50

PREPAID LUNCHES AVAILABLE

10 Lunches=\$23.00 20 Lunches= 46.00
 30 Lunches=\$69.00 40 Lunches=\$92.00

LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice/ Vegetable Choice/ Fruit Choice

AVAILABLE DAILY

Whole Grain Bagel w/Butter / Low Fat American Cheese Sandwich / Peanut Butter & Jelly Sandwich / Salad Plate/Fresh Veggie Sticks w/ Low-fat Yogurt
Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese

SENSIBLE SNACKS CONTAIN

Fat=7g or less - Sat Fat=2g or less
 Sodium=360mg or less - Sugar=15g or less

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast every morning!

Hot Breakfast **\$1.25** Monday—Thursday

Monday— Ham & Cheese Wheat Bagel Melt (P)
 Tuesday— Egg, Sausage & Cheese Torpedo Melt
 Wednesday— Whole Grain French Toast Sticks (V)
 Thursday— Whole Gain Pancakes (V)
 Friday— Wheat Bagels & Assorted Cereals

V =vegetarian ● =healthier choice ● P=pork

● If you have a food allergy, please speak to your Food Service Director or Lead Server.
 ● **Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**

● Menu is subject to change, notice posted when available.

● If you have any questions or would like additional information regarding this menu, please contact your food service director **Oscar M. Giraldo** (631) 673 2107 or 2108 Or by E-mail giraldo@whitsons.com



Take care of your body and mind. Keep your body fit with exercise and feed it with healthy fuel, such as lean proteins, plenty of fresh vegetables and fruits and whole grains.

Huntington High School FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 (*) Beef Hot Dog Bar Or Honey Mustard Chicken Wrap Vegetable of the day Fruit of the day	2 Mozzarella Sticks (V) Marinara Sauce Or BRUNCH FOR LUNCH Egg, Ham, Cheese On a Wheat Bun Vegetable of the day Tangerine	3 PASTA BAR Whole Grain Penne Creamy Tomato Sauce Alfredo Sauce Meatballs on the side Wheat Garlic Bread Vegetable of the day Fruit of the day
6 (*) Fish patty on a Wheat Bun Or (P) Hot Ham & Cheese Bagel Melt Baked Crinkle Fries Fruit of the day	7 Baked Wheat Cheesy Rotini (V) Meatballs on the side (*) Sliced French Bread Or Sausage & Peppers (P) Tangerine	8 General Tso's Turkey Over Fluffy Rice Or (P) Smoke House Turkey & Bacon Wrap (p) Baked Crinkle Fries Fruit of the day	9 Rotisserie Pork Loin (P) Black Beans & Rice Or Turkey & Cheese Stuffed Focaccia Vegetable of the day Fruit of the day	10 Chinese New Year General Tsos Popcorn Chicken (*) Or Vegetable Stir Fried (V) Spring Egg Roll (V) Fried Rice / Fruit
13 Meatball (*) Hero Parmesan Crunchy Veggie Sticks Or Smoke House BBQ Chicken Sandwich (*) Baked Crinkle Fries Fruit of the day	14 Jamaican Beef Patty (*) Baked Crinkle Fries Or Italian Hero (P) Veggie Sticks Fruit of the day	15 Cool Ranch Chicken Wrap (*) Tossed Salad Or Beef Gyro Baked Crinkle Fries Tangerine	16 Chef's Choice	
20				
21				
22				
23				
24				
27 Chef's Choice	28 Smokehouse Pulled Pork Hero (P) Baked Crinkle Fries Or Meatballs (*) Whole Grain Spaghetti Tossed Salad Tangerine	29 Shepherds Pie (*) Steamed Vegetables Or Baked Grilled Cheese (V) Tomato Soup Veggie Sticks Fruit of the day	IT'S LEAP YEAR! The fruit of the month is TANGERINES.	



WE PURCHASE LOCALLY!
 Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! www.Whitsons.com



Visit Our Virtual Cafeteria!
 Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including: allergens, nutrition facts, etc. www.Whitsons.com/Nutrition

Have Allergies to Gluten, Casein or Soy?
 Check out NuLife Foods! They offer great tasting, GFCFSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com