

**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 \$2.00  
 Reduced Lunch Price \$.25  
 Milk/Chocolate Milk \$.50  
 100% Juice \$.45

**PREPAID LUNCHES AVAILABLE**

10 Lunches= \$19.50 20 Lunches= \$39.00  
 30 Lunches=\$58.50 40 Lunches=\$ 78.00

**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 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!

Monday- Whole Grain French Toast Sticks (V)

Tuesday- Wheat Bagel (V)

Wednesday- Ham & Low Fat cheese Bun Melt (P)

Thursday- whole Grain Pancakes (V)

Friday- Egg & Low Fat Cheese Bun Melt (V)

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 at [Giraldo@whitsons.com](mailto:Giraldo@whitsons.com)



We all know that Grant loves his snacks! But did you know that he only chooses smart and delicious snacks? Grant always chooses carefully; some of his favorites are whole grain pretzels, popcorn, almonds and raisins.

**Huntington Primary Schools FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Turkey & Cheese On Wheat Bread Or Fish Patty on a Bun String Cheese Tossed Salad Fresh Fruit Basket	<b>2</b> Yogurt Lunch (V) Bread & Cheese Sticks Or Rib Shape Beef Patty (*) On a Wheat Bun Baked Crinkle Fries Fresh Fruit Cup	<b>3</b> Chef Salad (P) Side of Bread Sticks Or Cheese Square Pizza With or w/out Turkey Pepperoni Tossed Salad Fresh Fruit Basket
<b>6</b> Bagel Lunch (V) Cheese & Veggie Stick Or Baked Popcorn Chicken (*) Steamed Rice Veggie Sticks Fresh Fruit Cup	<b>7</b> Bologna & Cheese On Wheat Bun Or <b>Brunch For Lunch</b> French Toast Sticks (V) Turkey Sausage Patty (*) Carrot Sticks Fresh Fruit Basket	<b>8</b> Turkey & Cheese On Wheat Bread Or Baked Stuffed Bread Stick (V) Side of Marinara Sauce Tossed Salad Tangerine	<b>9</b> Yogurt Lunch (V) Bread & Cheese Sticks Or Turkey Nacho Supreme Steamed Corn Cheese Sauce Too! Fresh Fruit Basket	<b>10</b> Chef Salad (P) Side of Bread Sticks Or Cheese Square Pizza With or w/out Turkey Pepperoni Tossed Salad Fresh Fruit Cup
<b>13</b> Bagel Lunch (V) Cheese & Veggie Stick Or Baked Chicken Tenderloins (*) Baked Crinkle Fries Fresh Fruit Cup	<b>14</b> Bologna & Cheese On Wheat Bun Or Twin Chicken Fajita (*) Spanish Rice Fresh Fruit Basket	<b>15</b> Turkey & Cheese On Wheat Bread Or Baked Macaroni & Cheese (V) Bread Sticks Veggie Sticks Fresh Fruit Cup	<b>16</b> Yogurt Lunch (V) Bread & Cheese Sticks Or Beef Burger (*) Or Cheeseburger (*) Baked Crinkle Fries Tangerine	<b>17</b> Chef Salad (P) Side of Bread Sticks Or Cheese Square Pizza With or w/out Turkey Pepperoni Tossed Salad Fresh Fruit Cup
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<h1>Mid Winter Recess Schools Closed</h1>				
<b>27</b> Bagel Lunch (V) Cheese & Veggie Stick Or Baked Popcorn Chicken (*) Steamed Rice Steamed Carrot Coins Fresh Fruit Basket	<b>28</b> Bologna & Cheese On Wheat Bun Or Turkey Hot Dog (*) Baked Tater Tots Veggie Sticks Tangerine	<b>29</b> Turkey & Cheese On Wheat Bread Or Spaghetti & Meatballs (*) Wheat French Bread Tossed Salad Fresh Fruit Basket	<p><b>IT'S LEAP YEAR!</b>                  The fruit of the month is <b>TANGERINES.</b></p>	

**Greenleaf Cuisine** **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](http://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](http://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](http://www.NuLifeFoods.com)