

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 \$1.25
 Milk/Chocolate Milk \$.50
 100% Juice \$.45

PREPAID LUNCHESES 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 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!

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



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
 Woodhull Intermediate
 FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Stuffed Bread Stick (V) Marinara Sauce (V) Veggie Sticks Fresh Fruit Basket	2 Baked Spicy Chicken Patty (*) On a wheat Bun Baked Crinkle Fries Fresh Fruit Cup	3 Baked Whole Grain Rotini (V) Meatballs (*) Wheat French Bread Tossed Salad (V) Fresh Fruit Basket
6 Baked Chicken Tenders (*) Baked Tater Tots Steamed Corn Fresh Fruit Cup	7 Twin Chicken Fajitas (*) Shredded Cheddar Spanish Rice Tangerines	8 Brunch For Lunch Pancakes (V) Turkey Sausage (*) Veggie Sticks Fresh Fruit Cup	9 Baked Fish Fillet (*) On a Wheat Bun Tossed Salad (V) Fresh Fruit Basket	10 Baked Mozzarella Sticks (V) Marinara Sauce (V) String Bean Salad (V) Fresh Fruit Cup
13 Baked Popcorn Chicken (*) Baked Crinkle Fries Fresh Fruit Basket	14 Turkey Nacho Supreme (*) Cheese Sauce Too! Veggie Sticks Fresh Fruit Cup	15 Chicken (*) Parmesan Hero Tossed Salad Tangerines	16 Ham & Cheese (P) Wheat Bagel Melt String Bean Salad Fresh Fruit Cup	<h1>Chef's Choice</h1>
<h1>Mid Winter Recess Schools Closed</h1>				
27 Baked Chicken Tenders (*) Baked Tater Tots Steamed Corn Fresh Fruit Cup	28 Cheeseburger (*) Classic Burger (*) Baked Crinkle Fries Tangerines	29 Baked Stuffed Bread Stick (V) Marinara Sauce (V) Veggie Sticks Fresh Fruit Basket	<h2>IT'S LEAP YEAR!</h2> 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, GFCSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com