

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free! Most Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils! We Serve 100% all Natural Yogurt, with No Artificial Ingredients. Most Dressings are All Natural with No Aftical Ingredients & No High Fructose Corn Syrup! Vegetables are always fresh and Crisp! Our Taco shells and torilla chips are free of any hydrogenated Oils

LUNCH PRICES

Reimbursable Lunch Price \$1.50
 Reduced Lunch Price \$.25
 Milk/Chocolate Milk \$.50
 100% Juice \$.50

PREPAID LUNCHES AVAILABLE

10 Lunches \$15.00 20 Lunches \$30.00
 30 Lunches \$45.00 40 Lunches \$60.00

LUNCH INCLUDES

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

AVAILABLE DAILY

Garden Salad Plate/ Low Fat American Cheese Sandwich/ Peanut Butter & Jelly Sandwich/ Yogurt with Bread Stick. Above Lunches Include: Vegteable, Fruit Choice, Low Fat Milk. Daily Offering: Fresh Veggie Sticks with Dressing

SENSIBLE SNACKS CONTAIN

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

WE OFFER BREAKFAST DAILY

Monday Whole Grain Cereal & Wheat Toast
 Tuesday Whole Grain Waffles
 Wednesday Whole Grain Cereal & Wheat Toast
 Thursday Whole Grain French Toast Sticks
 Friday Whole Grain Pancakes

Vegetarian Healthier Pork Choice

PLEASE REPORT ALL ALLERGIES TO THE SCHOOL NURSE, allergy information can be entered in our Schools System

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical condions.

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 Mr.Catalano at 631-730-1590.



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.

South Country Frank Long
 Intermediate
FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey and American on Whole Wheat Penne Pasta with Meatballs & Sauce Carrot Sticks with Ranch Dip	2 Egg Salad Sandwich on Whole Wheat French Toast Sticks with Syrup Turkey Sausage Baked Tater Tots	3 Pizza Bagel Cheese Pizza Garden Salad
6 Chicken Nuggets Brown Rice Red Beans & Rice Corn	7 Garden Salad with Sliced Turkey Chicken Parm Sandwich Green Beans	8 NO SCHOOL	9 Garden Salad with Bread Egg & Cheese on WW Roll Baked Tater Tots	10 Pizza Bagel Cheese Pizza Garden Salad
13 Chicken Nuggets Brown Rice Red Beans & Rice Corn	14 Chef Salad Plate Chicken and Broccoli Macaroni & Cheese Garden Salad	15 Berry Yogurt Parfait Meatball Parm Sandwich Green Bean Salad	16 Cheesy Chicken Quesadilla Soft Turkey Taco Corn	17 Pizza Bagel Cheese Pizza Garden Salad
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Chicken Nuggets Brown Rice Red Beans & Rice Corn	28 Turkey Burger on Whole Wheat Bun Cheeseburger on a Whole Wheat Bun Baked Tater Tots	29 Tuna on Whole Wheat Roast Turkey Breast with Gravy Mashed Potatoes Corn	<p>IT'S LEAP YEAR! The fruit of the month is TANGERINES.</p>	

Greenleaf Cuisine **WE PURCHASE LOCAL!**
 Produce is purchased through regional suppliers when seasonably 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