

South Country Secondary FEBRUARY 2012



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt Parfait Vanilla Yogurt with Strawberries, Granola Or Teriyaki Chicken and Broccoli over Brown Rice	2 Vegetarian Chili Taco Or Twin Turkey Taco Southern Corn	3 Whole Wheat Pizza Bagel Or Classic Cheese Pizza Square Garden Salad
6 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn	7 Turkey Burger on Whole Wheat Bun Or Hamburger/Cheeseburger on Whole Wheat Bun Potatoes	8 NO SCHOOL	9 Southwest Chicken Wrap Or Turkey, Bacon and Cheddar Hero Carrots	10 Whole Wheat Pizza Bagel Or Classic Cheese Pizza Square Garden Salad
13 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn	14 Greek Salad Or Baked Ziti with Meat Sauce Green Beans	15 Smoke House Pasta Salad Or Breaded Baked Chicken Buttered Noodles Green Peas	16 Chicken Ranch Wrap Or Meatball Parm Hero Green Peas	17 Whole Wheat Pizza Bagel Or Classic Cheese Pizza Square Garden Salad
NO SCHOOL				
27 Red Beans Brown Rice Or Chicken Nuggets Brown Rice Corn	28 Chicken Caesar Wrap Or Stir Fry Chicken over Vegetable Lo Mein	29 Turkey Burger on Whole Wheat Bun Or Hamburger/Cheeseburger on Whole Wheat Bun Potatoes		

LUNCH PRICES

Student Breakfast	\$0.75
Type A Lunch Price	\$1.65
Reduced Lunch Price	\$0.25
1% Milk or Skim Chocolate Milk	\$0.50
Adult Lunch	\$3.06 +Tax

PREPAID MEAL ACCOUNTS AVAILABLE

To open a prepaid account please bring cash or check for deposit with child's name clearly written, made Payable to "South Country Cafeteria Fund" Any questions please call the Lunch Office 631-730-1590

ALL STUDENT LUNCHES INCLUDE

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

AVAILABLE DAILY

Veggie Wrap / Low Fat American Cheese On Whole Wheat
Peanut Butter & Jelly On Whole Wheat
Choice of Garden Salads
Above Lunches include Vegetable, Fresh Fruit, Low Fat Milk
Daily Offering: Fruit Choice or Veggie Sticks w/ Dip

WE OFFER BREAKFAST DAILY

All Breakfasts includes Milk, Juice or Fruit Choice.

Monday: Whole Grain Assorted Cereal Served with Wheat Bread
Tuesday: Wheat Bagel w/Cheese
Wednesday: Egg Sandwich on Whole Wheat Bun
Thursday: Choice of French Toast, Pancakes or Waffles
Friday: Whole Grain Assorted Cereal

A variety of cold cut sandwiches

Hot meal of the day

Grab n Go fresh salad offerings

SENSIBLE SNACKS

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

Sign up for Meal Pay Plus
Check your Meal Account Online
Lunch Office 730-1590
www.Southcountry.org

WE PURCHASE LOCALLY

Produce is purchased through regional suppliers when seasonably available. Visit

www.Whitsons.com

to see all that we are doing to help save the environment!

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 Artificial Ingredients & No High Fructose Corn Syrup! Vegetables are always fresh and crisp! Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils

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 conditions. *Menu is subject to change, notice posted when available.

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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