

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	\$0.25
Milk/Chocolate Milk	\$0.60
100% Juice	\$0.60

PREPAID LUNCHES AVAILABLE

10 Lunches \$23.50 20 Lunches \$47.00

Make Checks Payable to "Plainview Old Bethpage C.S.D. Lunch Fund"

LUNCH INCLUDES

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

AVAILABLE DAILY

Whole Grain Bagel w/Butter or Low Fat Cream Cheese / Low Fat American Cheese Sandwich /Peanut Butter & Jelly Sandwich / Salad/ cold cut Sandwiches/Fresh Veggie Sticks **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

Baked chips	\$1.00
Ice Cream	\$1.00
Fresh Baked Cookies	\$.40 Each 3 for \$1.00
Pretzel Rods	\$.05 Each
2nd Entree	\$1.00 Cash Only

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 at 516-937-6376

Soup Available Tuesday & Thursday \$1.25 Cash Only

Join the nutrition safari this month with their exercise "touchdown" plan. They are eating top energy boosting foods like: oatmeal, lentils, bananas, lean meats, almonds and yogurt in order to perform their best.

Plainview Old Bethpage
Grade School
JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Bell Day is 1/24</p> <p>If you are at the register when the bell rings and have a fruit or vegetable on your tray you win a free snack.</p>	<p>3 Ham and Cheese Wrap P</p> <p>Chicken Nuggets</p> <p>Peas and Carrots </p> <p>Fresh Apples </p>	<p>4 Turkey & Cheese Wrap</p> <p>Penne Pasta with Meatballs & Sauce</p> <p>Garden Salad </p> <p>Fresh Oranges </p>	<p>5 Egg Salad Wrap V</p> <p>French Toast Sticks with Ham & Syrup </p> <p>Carrots Sticks with Ranch Dip</p> <p>Applesauce </p>	<p>6 Chicken Caesar Salad</p> <p>Whole Wheat Cheese Pizza V</p> <p>Garden Salad </p> <p>Fresh Apples </p>
<p>9 Turkey & Cheese Wrap</p> <p>Chicken Nuggets</p> <p>Brown Rice </p> <p>Three Bean Salad </p> <p>Mixed Fruit Cup </p>	<p>10 Chicken Caesar Salad</p> <p>Nachos and Cheese V</p> <p>Corn </p> <p>Applesauce </p>	<p>11 Tuna Salad Plate V</p> <p>Macaroni and Cheese V</p> <p>Mixed Vegetables </p> <p>Mixed Fruit Cup </p>	<p>12 Hail Caesar Wrap V</p> <p>Pancakes & Sausage with Syrup P</p> <p>Carrots Sticks with Ranch Dip</p> <p>Applesauce </p>	<p>13 Veggie Pizza</p> <p>Pizza Bagel</p> <p>Garden Salad </p> <p>Mixed Fruit Cup </p>
<p>16 No School</p>	<p>17 Chicken Caesar Salad</p> <p>Mozzarella Sticks with Sauce V</p> <p>Peas and Carrots </p> <p>Mixed Fruit Cup </p>	<p>18 Salami & Cheese Sub</p> <p>Pancakes & Sausage with Syrup P</p> <p>Celery Sticks with Ranch Dip</p> <p>Mixed Fruit Cup </p>	<p>19 Turkey & Cheese Sub on Whole Wheat Roll</p> <p>Baked Chicken Rings</p> <p>Corn </p> <p>Mixed Fruit Cup </p>	<p>20 Tuna Salad Plate V</p> <p>Cheesy Pepperoni Whole Wheat Pizza</p> <p>Caesar Side Salad V</p> <p>Mixed Fruit Cup </p>
<p>23 Turkey & Cheese Wrap</p> <p>Chicken Nuggets</p> <p>Mashed Potatoes V</p> <p>Three Bean Salad </p> <p>Fresh Apples </p>	<p>24 Ham & Cheese on Whole Wheat Bread P</p> <p>Beef Sliders with Cheese</p> <p>Baked Tater Tots </p>	<p>25 Egg Salad Wrap V</p> <p>Waffles & Sausage P</p> <p>Baked Tater Tots</p> <p>Mixed Fruit Cup </p>	<p>26 Salami & American Cheese Wrap P</p> <p>Baked Popcorn Chicken</p> <p>Carrots </p> <p>Mixed Fruit Cup </p>	<p>27 Chef Salad Plate P</p> <p>Pizza Bagel</p> <p>Garden Salad </p> <p>Mixed Fruit Cup </p>
<p>30 Tuna Salad Plate V</p> <p>Garden Salad </p> <p>Chicken Nuggets</p> <p>Mixed Fruit Cup </p>	<p>31 Chef Salad Plate P</p> <p>Soft Turkey Taco</p> <p>Red Beans & Rice V</p> <p>Mixed Fruit Cup </p>	 <p>HAPPY NEW YEAR! The veggie of the month is CAULIFLOWER.</p>		



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