

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 \$2.55
 Reduced Lunch Price \$0.25
 Milk/Chocolate Milk \$0.60
 100% Juice \$0.60
 Adult Meal \$3.75 plus tax

PREPAID LUNCHES AVAILABLE

20 Lunches= \$51.00

Make Checks Payable to

Plainview Old Bethpage C. S. D.
www.pob.k12.ny.us

LUNCH INCLUDES

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

AVAILABLE DAILY

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

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 at 516-937-6376.

Don't forget to stop by the café for Breakfast during the hours of 7AM to 9:00AM.

Breakfast Available Daily

Egg Sandwiches, Oatmeal, Cereal, Bagels
 Hot Breakfast—Pancakes, Waffles, French Toast (Rotates Daily)

Above Served with Milk Choice, Fruit or Juice



Eat healthy on the run. You needn't sacrifice healthy eating to accommodate a busy schedule. This month, we focus on nutritious meals on the run. Why not try: yogurt with granola, mixed nuts, whole fruit or even a veggie wrap.

J.F.K. High School
MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parm With a side of W.W. Pasta & marinara Sauce Caesar Salad Fruit Cup or Fresh Fruit	2 <u>Brunch For Lunch</u> Whole Wheat French Toast Sticks served with Turkey Sausage* Steamed Carrots Coins Applesauce	3 Creamy Macaroni & Cheese Vegetable Medley (Broccoli, Cauliflower, Carrots) Fruit Cup or Fresh Fruit	4 <u>Cinco De Mayo</u> Meat or Chicken Enchilada Rice & Beans Corn Fruit Cup or Fresh Fruit
	7 General Tso Chicken Stir Fry Vegetables Brown Rice Fresh Oranges	8 Toasted Ravioli with Turkey Meat Sauce Broccoli Italian Bread Fruit Cup or Fresh Fruit	9 BBQ Pulled Turkey On a W.W. Roll Honey Glazed Carrots 3 Bean Salad Fruit Cup or Fresh Fruit	10 (V) Mozzarella Sticks with Marinara Sauce Vegetable Medley (Broccoli, Cauliflower, Carrots) Italian Bread Peach Cup
14 Cheese Filled Bread Sticks Side of Pasta with Marinara Sauce Romaine Salad Fruit Cup or Fresh Fruit	15 Greek Gyro Red Onion, Tomato & Tzazaki Sauce Side Greek Salad Fruit Cup or Fresh Fruit	16 <u>Brunch For Lunch</u> Pancakes served with Turkey Sausage* Steamed Carrots Coins Applesauce	17 (V) Cheese Lasagna Sautéed Spinach Italian Bread Fruit Cup or Fresh Fruit	18 Italian Sausage, Pepper and Onion on a W.W. Club Roll Caesar Salad or Chick Pea Salad Fruit Cup or Fresh Fruit
21 "The Works Dog" (Hot dog w/sauerkraut, Jalapeno peppers, Red Onion, Mustard and Relish) Baked Beans Tater Tots Fresh Apple 	22 Popcorn Chicken Brown Rice Sweet Carrots Fresh Tangerine	23 W.W. Pasta with Turkey Meat Sauce Steamed Broccoli Fruit Cup or Fresh Fruit	24 No School	25 No School
28 No School	29 No School	30 Baked Chicken Tenders Sweet Corn Brown Rice Fruit Cup or Fresh Fruit	31 (V) Mozzarella Sticks with Marinara Sauce Spinach Salad Italian Bread Fruit Cup or Fresh Fruit	The Veggie of the month is BROCCOLINI

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

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. Certain items are available right in your cafeteria!
www.NuLifeFoods.com