

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 \$2.55



Often we find ourselves becoming more sedentary during the winter months. Get yourself active again with a variety of indoor activities. Try racket ball, indoor swimming and yoga!

**Plainview Old Bethpage
 JFK High School
 NOVEMBER 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 (P) Ham & Cheese Pinwheel Or Oven Baked Breaded Chicken Seasoned Brown Rice Carrot Coins Fruit Cup or Fresh Fruit	2 (V) Egg Salad Platter with Bread Choice Or W.W. Spaghetti with *Meatballs Italian Bread Caesar Salad or Sweet Peas Mixed Fruit Cup or Fresh	3 Honey Mustard Chicken on a Whole Wheat Wrap or Cuban Mojo Turkey on Whole wheat Roll Sweet Corn Rice & Beans Fresh Fruit or Fruit Cup	4 Garden Salad w/Diced Turkey and Bread Choice Or BBQ Rib On Whole Wheat Hero Bread Carrot Coins Fresh Fruit or Fruit Cup
	7 Turkey & Cheese on a Whole Wheat Wrap or Oven Baked Mozzarella Sticks with Marinara Sauce Steamed Broccoli Italian Bread Fruit Cup or Fresh Fruit	No School	9 Yogurt Parfait or Brunch For Lunch Whole Wheat French Toast Sticks served with Turkey Sausage* Steamed Carrots Coins Applesauce Or Fresh Fruit	10 Honey Mustard Chicken on a Whole Wheat Wrap or *Hamburger Sliders (Cheese Optional) Oven Baked Fries Fruit Cup or Fresh Fruit
14 Turkey & Cheese on a Whole Wheat Wrap or Sweet & Sour Chicken Steamed Brown Rice Steamed Oriental Vegetables Fresh orange	15 Grilled Vegetable & Cheese Pinwheel Or Assorted Stromboli California Medley Vegetables Fresh Fruit or Fruit Cup	16 (V) Egg Salad Platter with Bread Choice Or W.W. Spaghetti with *Meat Sauce Italian Bread Caesar Salad Fruit Cup or Fresh Fruit	17 Thanksgiving Dinner Honey Mustard Chicken on a Whole Wheat Wrap Or Open Face Turkey Dinner Mashed Sweet Potatoes Corn Bread Applesauce	18 Garden Salad w/Diced Turkey and Bread Choice Or Oven Baked Popcorn Chicken Sweet Corn or Chick Pea Salad Mixed Fruit Cup or Fresh
21 Turkey & Cheese on a Whole Wheat Wrap or Pulled BBQ Turkey on a Whole Wheat Roll Coleสลaw Mixed Fruit Cup or Fresh Fruit	22 (P) Ham & Cheese Pinwheel Or All Beef Hot Dog on a W.W. Roll Baked Beans, Sauerkraut Pierogies Applesauce or Fresh Fruit	23 Sample Day Or Macaroni & Cheese Steamed Broccoli Zucchini Bread Fruit Cup or Fresh Fruit	24 Sample Day 10/23 Try a Sample of our Delicious Zucchini Bread	
28 Turkey & Cheese on a Whole Wheat Wrap or Chicken Parm on a whole Wheat Roll Sautéed Zucchini Fruit Cup or Fresh Fruit	29 (P) Ham & Cheese Pinwheel Or Assorted Quesadilla Rice & Beans Lettuce, Tomato Salsa Pineapple Cup	30 Tortellini Salad Or General Tso's Chicken Brown Rice Oriental Vegetables Fresh Orange Or Fruit Cup		

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. Items are available right in your cafeteria!
www.NuLifeFoods.com