

**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](http://www.pob.k12.ny.us)

**LUNCH INCLUDES**

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

**AVAILABLE DAILY**

Whole Grain Bagel w/Butter or Low Fat Cream Cheese / 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

**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.

**ALTERNATE MENU**

variety of cold cut sandwiches

Two different topped pizzas daily

Hot meal of the day

Grab n Go chicken patties and burgers

Grab n Go fresh salad & Sandwich offerings

A Second entrée can be purchased  
 For \$1.00

**Cash Only. Can not use Pre paid Lunch Card**



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.

**Plainview Old Bethpage  
 Middle Schools  
 FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Garden Salad with Diced Turkey Or Baked Chicken Tenders Mashed Potatoes Mixed Fruit Cup	<b>2</b> Honey Mustard Chicken on a Whole Wheat Wrap Or BBQ Rib On Whole Wheat Hero Bread Carrot Coins Fresh Fruit or Fruit Cup	<b>3</b> (P) Ham & Swiss on a Whole Wheat roll Or Chicken Fajita Mexi Rice Corn Pineapple Cup or Fresh Fruit
<b>6</b> Turkey & Cheese on a Whole Wheat Wrap or Baked Chicken Nuggets 4 Bean Salad Brown Rice Fruit Cup or Fresh Fruit	<b>7</b> Garden Salad with Diced Turkey Or Baked potato Bar (Turkey chili, Cheese, Broccoli, Bacon) Fruit Cup or Fresh Fruit	<b>8</b> Chef Salad Plate Bread Choice Or Creamy Macaroni & Cheese Vegetable Medley (Broccoli, Cauliflower, Carrots) Mixed Fruit Cup	<b>9</b> Turkey & Cheese Wrap Or Cheese Filled Bread Sticks Side of Pasta with Marinara Sauce Romaine Salad Fruit Cup or Fresh Fruit	<b>10</b> All American Wrap Or Popcorn Chicken Brown Rice Sweet Carrots Fresh Tangerine
<b>13</b> Buffalo Chicken Wrap Or (V) Mozzarella Sticks Side Pasta with Marinara Sauce Vegetable Medley (Broccoli, Cauliflower, Carrots) Peach Cup	<b>14</b> Honey Mustard Chicken on a Whole Wheat Wrap or Sauce & Toss Chicken Fluffy Rice Vegetable Medley (Broccoli, Cauliflower, Carrots) Mixed Fruit Cup	<b>15</b> Chicken Caesar Salad Or W.W. Spaghetti with *Meatballs Italian Bread Caesar Salad Fruit Cup or Fresh Fruit	<b>16</b> Turkey & Cheese Wrap or *Hamburger Sliders (Cheese Optional) Oven Baked Fries Fruit Cup or Fresh Fruit	<b>17</b> (P) Ham & Swiss on a Whole Wheat roll Or Baked Chicken Nuggets Buttered Noodles Sweet Peas Fresh Apple
<p><b>20</b> <b>21</b> <b>22</b> <b>23</b> <b>24</b></p> <p style="font-size: 2em; font-weight: bold; color: blue;">Winter Recess</p> <p style="font-size: 3em; font-weight: bold; color: blue;">2/20 - 2/24</p>				
<b>27</b> Yogurt Parfait or <b>Brunch For Lunch</b> Whole Wheat French Toast Sticks served with Turkey Sausage* Steamed Carrots Coins Applesauce Or Fresh Fruit	<b>28</b> Chicken Caesar Salad Or W.W. Spaghetti with *Meat Sauce Italian Bread Caesar Salad Fruit Cup or Fresh Fruit	<b>29</b> All American Wrap Or Popcorn Chicken Brown Rice Sweet Peas Fresh Orange	<p><b>IT'S LEAP YEAR!</b> </p> <p>The fruit of the month is <b>TANGERINES.</b></p>	
<p><b>WE PURCHASE LOCALLY!</b>                  Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! <a href="http://www.Whitsons.com">www.Whitsons.com</a></p>	<p><b>Visit Our Virtual Cafeteria!</b>                  Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. <a href="http://www.Whitsons.com/Nutrition">www.Whitsons.com/Nutrition</a></p>	<p><b>Have Allergies to Gluten, Casein or Soy?</b>                  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!  <a href="http://www.NuLifeFoods.com">www.NuLifeFoods.com</a></p>		