

DID YOU KNOW

Products sourced by Whitsons contain Zero Trans Fats. | The majority of the food sourced by Whitsons contain; No HFCS & No artificial colors, flavors or sweeteners and we continue to work on this initiative. | Our milk and chicken products are free of added hormones and antibiotics at the time of processing. | Meats, condiments and cheeses are all lean or low fat. | Most entrees contain between 500-900mg of sodium. | We offer whole grain pastas, rice and bread products.

LUNCH PRICES

Reimbursable Lunch Price \$2.35
 Reduced Lunch Price .25
 Milk/Chocolate Milk \$.60

PREPAID LUNCHES AVAILABLE

10 Lunches \$23.50 20 Lunches \$47.00
 Make Checks Payable to "Plainview Old Bethpage School Lunch Fund"
 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 /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
 Baked or Reduced Fat Chips \$1.00
 Ice Cream \$1.00

Reduced Fat Whole Grain Cookies \$.40 ea. 3 for \$1.00
 Pretzel Rods \$.10 each 3 for \$.25
 2nd Entree \$1.00 Cash Only

Weekly Alternatives

Week 1 Chicken caesar Salad Plate
 Week 2 Tuna Salad Sandwich
 Week 3 Chef Salad
 Week 4 Turkey & cheese on a W.W. Wrap
 Week 5 Ham & Cheese on a W.W. Wrap

Vegetarian Healthier Pork Choice

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 @ 937-6376

* To view Nutritional menu information on line go to district web site lunch menu and drag cursor to any day and double click.



Jillian celebrates National Salad Month. It's her favorite time of year to come up with new veggie recipes. Here are some tips on how to serve your veggies: grilled veggie kebobs, veggies with low fat dip, veggie soups and baked potatoes with broccoli and cheese.

Plainview Old Bethpage
 Grade School
MAY 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| | 1 Cheesy Stuffed Breadsticks Steamed Broccolini Sliced Peaches | 2 Pancakes with Turkey Sausage Carroteenies Applesauce | 3 Macaroni & Cheese Mixed Vegetables Orange Lucky Bell Day | 4 Nachos w/ Cheese & Salsa Corn Mixed Fruit Cup Black Beans and Rice |
| | 7 Chicken Nuggets Whipped Sweet Potatoes Apple | 8 Whole Grain Pasta with Turkey Meat Sauce Garden Salad Italian Bread Sliced Peaches Lite Italian Dressing | 9 French Toast Sticks w/ Turkey Ham & Syrup Baked Tater Tots Mixed Fruit Cup | 10 Baked Popcorn Chicken Mixed Vegetables Brown Rice Apple |
| 14 Chicken Nuggets Green Beans Brown Rice Peach Cup | 15 Mozzarella Sticks w/ Sauce Caesar Side Salad Mixed Fruit Cup | 16 1/2 day 5/16 | 17 Baked Chicken Rings Three Bean Salad Applesauce | 18 W.W. Cheese Pizza Cheesy Pepperoni WW Pizza Garden Salad Lite Italian Dressing Orange |
| 21 Chicken Nuggets Corn Diced Pears | 22 Waffles with Turkey Sausage Carroteenies Applesauce | 23 Pizza Bagel Caesar Side Salad Mixed Fruit Cup | 24 No School 5/24 - 5/29 | 25 |
| 28 | 29 | 30 Chicken Nuggets Corn Mixed Fruit Cup | 31 French Toast Sticks w/ Turkey Ham & Syrup Celery Sticks with Ranch Dip Applesauce | The Veggie of the month is BROCCOLINI |



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