

LUNCH PRICES

Type A Lunch Price	\$1.50
Reduced Lunch Price	\$.25
Milk/Chocolate Milk	\$.50
100% Juice	\$.50
Adult Lunch	\$3.08+ Tax

ALL STUDENT LUNCH INCLUDES

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

Fresh Vegetable / Fresh Fruit

HEALTHY LUNCH ALTERNATES AVAILABLE DAILY

Whole Grain Bagel w/Butter or Low Fat Cream Cheese
And includes 2oz. choice of protein (Cheese, Meat, Tuna)
Daily Sandwiches
Cheese Sandwich
Plus: 2 Cold cut offerings daily

Above Lunches include Vegetable, Fresh Fruit, Low Fat Milk & Low Fat Mozzarella Cheese

Daily Offering: Fresh Veggie Sticks w/ Low-fat Yogurt

SENSIBLE SNACKS

Celery and Carrot Sticks
Baked Chips
Quaker Rice Cakes
Fresh Fruit or Fruit Cup
Fat=7 grams or less
Sat Fat=2 grams or less
Sodium=360mg or less
Sugar=15 grams or less

Bell Day

If you are at register when bell goes off and you have fruit or vegetable on your tray you win a free snack
Choose Healthy!

If you have any questions or would like additional information regarding this menu, please contact the food service director Ivy Boxley 516-872-7784

Jillian's Very Veggie Spring



Make your lunch colorful with veggies! You should eat at least 1.5 to 2 cups of veggies every day. Try: carrots with dip, crispy cucumbers wrapped in turkey, lettuce wrapped around sliced veggies with your favorite dressing, and celery covered with cream cheese. Jillian gets creative with her veggies, she loves to eat asparagus wrapped inside of sliced cheese. What's your favorite veggie?



Valley Stream Shaw March 2010

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!

Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!

We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.

All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!

Vegetables are always fresh and crisp!

Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunches Available

10 Lunches=\$15. 20 Lunches=\$30.
30 Lunches=\$45. 40 Lunches=\$60.

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.


Fruit & Veggie Of The Month

Zucchini



Check out what we are doing to help save the environment.

Visit www.Whitsons.com

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Popcorn Chicken BBQ Sauce Hash Brown Patty Vegetable Fruit	2 BELL DAY ! Hot American Hero Turkey And Cheese Veggie Stix Orange Smiles	3 <u>Brunch For Lunch</u> French Toast Sticks Tator Tots, Turkey Ham, Strawberries	4 All Beef Hot Dog on a Whole Wheat Bun Green Bean Salad Sweet Corn Fruit	5 (V) Pizza Square (Whole Wheat) Tossed Salad Fruit
8 Baked Chicken Nuggets Steamed Brown Rice Green Beans Fruit	9 Twin Tacos Seasoned Meat Lettuce, Tomato and Cheddar Cheese Sweet Corn Fruit	10 Chicken Nuggets Sliders Tator Tots Zucchini Coins with Dipping Sauce Fruit	11 (V) Baked Ziti Veggie Stix Italian Bread Fruit	12 (V) Pizza Square (Whole Wheat) Veggie Stix Tossed Salad Fruit
15 Baked Popcorn Chicken Steamed Brown Rice Vegetable Fruit	16 (V) Grilled Cheese Sandwich Green Beans Fruit	17 (V) Mac-n-Cheese Green Veggie Stix With Dip Fruit Bread Basket 	18 Baked Chicken Mashed Potatoes Steamed Sweet Corn Fruit	19 (V) Pizza Square (Whole Wheat) Tossed Salad Fruit
22 Baked Chicken Nuggets Baked Potato Wedges Green Beans Fruit	23 Chicken Fajita Fiesta Brown Rice Sweet Corn Fruit	24 <u>Brunch For Lunch</u> French Toast Sticks Tator Tots, Turkey Ham, Cherries	25 Nachos Grande Seasoned Meat Lettuce, Tomato and Cheese Sweet Corn Fruit	26 (V) Pizza Square (Whole Wheat) Tossed Salad Fruit

