

**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. ● Most entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

**LUNCH PRICES**

Reimbursable Lunch Price \$1.50  
 Reduced Lunch Price \$ .25  
 Milk/Chocolate Milk \$.50  
 100% Juice \$.50

**PREPAID LUNCHESES AVAILABLE**

10 Lunches= \$15.00 20 Lunches= \$30.00  
 30 Lunches=\$45.00 40 Lunches=\$60.00

**Please make checks payable to "Valley Stream Lunch Fund"**

**LUNCH INCLUDES**

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 (district 13 only) / Salad Plate/Fresh Veggie Sticks w/ Low-fat Yogurt, Turkey Sandwich, Tuna Sandwich  
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 **Ivy Boxley 516-872-7784**.

District 13 Website [www.valleystream13.com](http://www.valleystream13.com)  
 District30 website [www.valleystream30.org](http://www.valleystream30.org)

*Winter*



We all know that Grant loves his snacks! But did you know that he only chooses smart and delicious snacks? Grant always chooses carefully; some of his favorites are whole grain pretzels, popcorn, almonds and raisins.

**Valley Stream Shaw**  
**FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> (V) Mozzarella Sticks Marinara Sauce Veggie Sticks Dinner Roll Fruit	<b>2</b> <b>BRUNCH FOR LUNCH</b> French Toast Sticks Turkey Sausage Tater Tots Fruit	<b>3</b> 🍎 (V) Whole Grain Pizza Garden Salad Fruit
<b>6</b> Baked Popcorn Chicken Steamed Brown Rice Green Beans Fruit	<b>7</b> <b>LUCKY FRUIT DAY</b> Pasta and Meatballs Garden Salad Italian Bread Fruit	<b>8</b> (V) Soup and Sandwich Vegetable Soup and Grilled Cheese Sandwich on Whole Grain Bread Fruit	<b>9</b> Soft Taco Seasoned Ground Turkey Lettuce, Tomato and Cheese Corn Fruit	<b>10</b> 🍎 (V) Whole Grain Pizza Carrot Sticks Fruit
<b>13</b> Baked Chicken Tenders Mashed Potato with Gravy Sweet Peas Fruit	<b>14</b> <b>VALENTINES DAY</b> (V) Mac and Cheese Carrot Coins Bread Basket Fruit Valentine Cookie	<b>15</b> Combo Platter Mozzarella Sticks (3) and Chicken Nuggets(3) Green Beans Fruit	<b>16</b> Turkey Chili Cheddar Cheese Mixed Vegetables Corn Bread Tangerine	<b>17</b> (V) Stuffed Mozzarella Sticks Marinara Sauce Tossed Green Salad Fruit
<b>27</b> Baked Chicken Nuggets Steamed Brown Rice Mixed Vegetables Fruit	<b>28</b> 🍎 (V) Baked Ziti Green Beans Bread Basket Fruit	<b>29</b> <b>SAFARI DAY</b> Hamburger or Cheeseburger Steamed Carrots Fruit	<b>IT'S LEAP YEAR!</b> The fruit of the month is <b>TANGERINES</b> . 	



**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](http://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](http://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](http://www.NuLifeFoods.com)