

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 LUNCHES AVAILABLE

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

Please make checks payable to The Valley Stream School 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 / Salad Plate/Fresh Veggie Sticks w/ Low-fat Yogurt, Tuna Sandwich, Turkey 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**
 District13 website www.valleystream13.com
 District30 website www.valleystream30.org



Warm up your winter with heart healthy foods that are kind to your waistline and your taste-buds. Why not try warm oat meal topped with fruit for breakfast or grilled salmon with dill sauce for lunch.

**Valley Stream
 Clear Stream
 JANUARY 2012**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 2 NO SCHOOL | 3 Baked Popcorn Chicken Steamed Brown Rice Green Beans Fruit ♥ | 4 ♥ (V) Baked Ziti Tossed Green Salad Italian Bread Fruit | 5 BRUNCH FOR LUNCH French Toast Sticks Turkey Sausage Patty Tater Tots Fruit ♥ | 6 ♥ (V) Whole Grain Pizza Carrot and Celery Sticks Fruit |
| 9 Baked Chicken Tenders Mashed Potatoes with Gravy Mixed Vegetables Fruit | 10 (V) Stuffed Mozzarella Sticks With Marinara Sauce Carrot and Celery sticks Fruit | 11 SAFARI DAY Meatball Hero Green Beans Fruit | 12 Baked Breaded Chicken Steamed Brown Rice Carrot Coins Pineapple Cup | 13 (V) Whole Grain Pizza Pepperoni optional Tossed Green Salad Fruit |
| 16 NO SCHOOL MARTIN LUTHER KING DAY | 17 Hamburger or Cheeseburger On Whole Wheat Bun Tater Tots Orange Slices | 18 Nachos Grande Lettuce, Tomato and Cheese Sweet Corn Fruit | 19 Combo Platter 3 Mozzarella Sticks 3 Chicken Nuggets Green Beans Bread Basket Mixed Fruit | 20 ♥ (V) Whole Grain Pizza Fresh Cauliflower with Dipping Sauce Fruit |
| 23 Baked Popcorn Chicken Steamed Brown Rice Steamed Carrots Fruit | 24 LUCKY FRUIT DAY WG Rotini and Meatballs Steamed Green Beans Fruit | 25 Twin Tacos Seasoned Meat Lettuce, Tomato and Cheese Sweet Corn Fruit | 26 Mini Sliders on WG Buns Mixed Vegetable Fruit or | 27 (V) Whole Grain Pizza Pepperoni optional Tossed Green Salad Fruit |
| 30 Baked Chicken Nuggets WG Buttered Pasta Carrot Coin Fruit | 31 Beef Hot Dog on a Whole Wheat Roll California Vegetables Fruit |  <p>HAPPY NEW YEAR! The veggie of the month is CAULIFLOWER.</p> | | |



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!
 NuLife www.NuLifeFoods.com