

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 \$2.00
 Reduced Lunch Price \$0.40
 Milk/Chocolate Milk \$0.50

LUNCH INCLUDES

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

AVAILABLE DAILY

Bagel Lunch, Cheese Sandwich, PB & J, PB & Fluff, Cheese Pizza

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

OFFERED DAILY

Monday Turkey Sandwich on Whole Wheat
 Tuesday BLT on Whole Wheat Bread
 Wednesday Chicken Salad Sandwich on Whole Wheat Bread
 Thursday Ham and Cheese on a Whole Wheat Wrap
 Friday Tuna Fish on a Whole Wheat 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 the food service director Vyju Iyengar at 508-613-1731.



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.

Helen Keller Elementary

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Penne Pasta with Meatballs & Sauce Garden Salad Mixed Fruit Cup	2 Chicken Nuggets Oven Baked Fries Mixed Fruit Cup	3 Cheese Pizza (Wheat) Garden Salad Ranch Dressing Mixed Fruit Cup
6 Baked Popcorn Chicken Oven Baked Fries Mixed Fruit Cup	7 French Toast Sticks with Syrup Sausage Patty Mixed Fruit Cup	8 Whole Wheat Grilled Cheese Sandwich Baked Potato Wedge Crisps Garden Salad Italian Dressing	9 Chicken Parm Sandwich Fresh Green Beans Mixed Fruit Cup	10 Cheese Pizza (Wheat) Garden Salad Mixed Fruit Cup Ranch Dressing
13 Hamburger on a Bun Baked Potato Wedge Crisps Mixed Fruit Cup	14 Nachos Grande with Chicken Vegetarian Beans Mixed Fruit Cup	15 Fish and Cheese Sandwich Carrot Sticks with Ranch Dip Mixed Fruit Cup	16 Macaroni and Cheese Peas Mixed Fruit Cup	17 Cheese Pizza (Wheat) Garden Salad Mixed Fruit Cup Ranch Dressing
20	21	22	23	24
Winter Recess				
27 Grilled Cheese and Ham on Whole Wheat Corn Mixed Fruit Cup	28 Taco Beef Salad Carrots Mixed Fruit Cup	29 French Toast Sticks with Syrup Hash Browns Mixed Fruit Cup Sausage Patty		



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, GFCSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com