

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
 District30 website 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 Wheeler FEBRUARY 2012

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



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!
www.NuLifeFoods.com