

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 \$2.50
 Reduced Lunch Price \$0.25
 Milk/Chocolate Milk \$0.50
 100% Juice \$0.50

PREPAID LUNCHES AVAILABLE

Thru www.mynutrikids.com or in the Cafeteria

LUNCH INCLUDES

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


AVAILABLE DAILY

A Variety of Cold Cut Sandwiches
 Two Different Topped Pizzas Daily
 Hot Meal of the Day
 Grab N+Go Burgers & Chicken Patties
 Grab N+Go Fresh Salad & Sandwiches

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 **Patty Dilluvio** at (914) 937- 3600 ext 3261



You are what you eat, or so the saying goes. The foods we eat determine the vitamins and minerals our bodies will have available to use as fuel, so make sure that you eat a healthy variety of foods each day!

School Name
 Here
OCTOBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Ravioli In a Marinara Sauce Green Beans Garlic Bread Choice of Fruit & Veggie	4 Chicken with Broccoli Fried Rice Oriental Vegetables Choice of Fruit & Veggie	5 Eggplant Rollatini Stuffed with Spinach & Ricotta Dinner Roll Choice of Fruit & Veggie	6 Twin Tacos with Meat, Cheese, Lettuce & Salsa Mexican Rice Corn Choice of Fruit & Veggie	7 Chicken Tenders or Mozzarella Sticks Oven Baked Fries Mixed Vegetables Choice of Fruit & Veggie
10 School Closed Columbus Day	11 Spaghetti with Meat Sauce Steamed Broccoli Garlic Bread Choice of Fruit & Veggie	12 Roasted Turkey with Apple Cider Gravy Roast Vegetable Risotto Steamed Spinach Choice of Fruit & Veggie	13 Popcorn Chicken Mashed Potatoes With Gravy Carrot Coins Choice of Fruit & Veggie	14 Macaroni & Cheese Mixed Vegetables Dinner Roll Choice of Fruit & Veggie
17 Hebrew National Hot Dog Baked Beans Sauerkraut Corn on the Cob Choice of Fruit & Veggie	18 Penne with Spring Vegetables in Garlic & Oil Cheese Toast Choice of Fruit & Veggie	19 Nachos with Meat & Cheese Mexican Rice Sour Cream & Pico de Gallo Choice of Fruit & Veggie	20 Chicken Stir Fry Over Rice Steamed Broccoli Choice of Fruit & Veggie	21 Meatball Parmesan Wedge Mixed Vegetables Choice of Fruit & Veggie
24 Baked Stuffed Shells With Marinara Sauce Meatballs Garlic Bread Choice of Fruit & Veggie	25 Beef or Chicken Burritos Black Beans & Rice Corn Choice of Fruit & Veggie	26 Chicken Lo Mein Or Vegetable Lo Mein Oriental Vegetables Choice of Fruit & Veggie	27 Memphis BBQ On Wedge Roasted Red Potatoes Corn on the Cob Choice of Fruit & Veggie	28 Stuffed Bread Sticks With Marinara Sauce Steamed Broccoli Choice of Fruit or Veggie

National School Lunch Week

31
Chicken Tenders or Mozzarella Sticks
Tater Tots
Sweet Peas
Choice of Fruit & Veggie




Have a SAFE Halloween!
 The fruit of the month is APPLES.

 <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</p>	 <p>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</p>	<p>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</p>
--	--	---